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EatingWell®

NOVEMBER 2019

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151 WAYS TO WIN THANKSGIVING!

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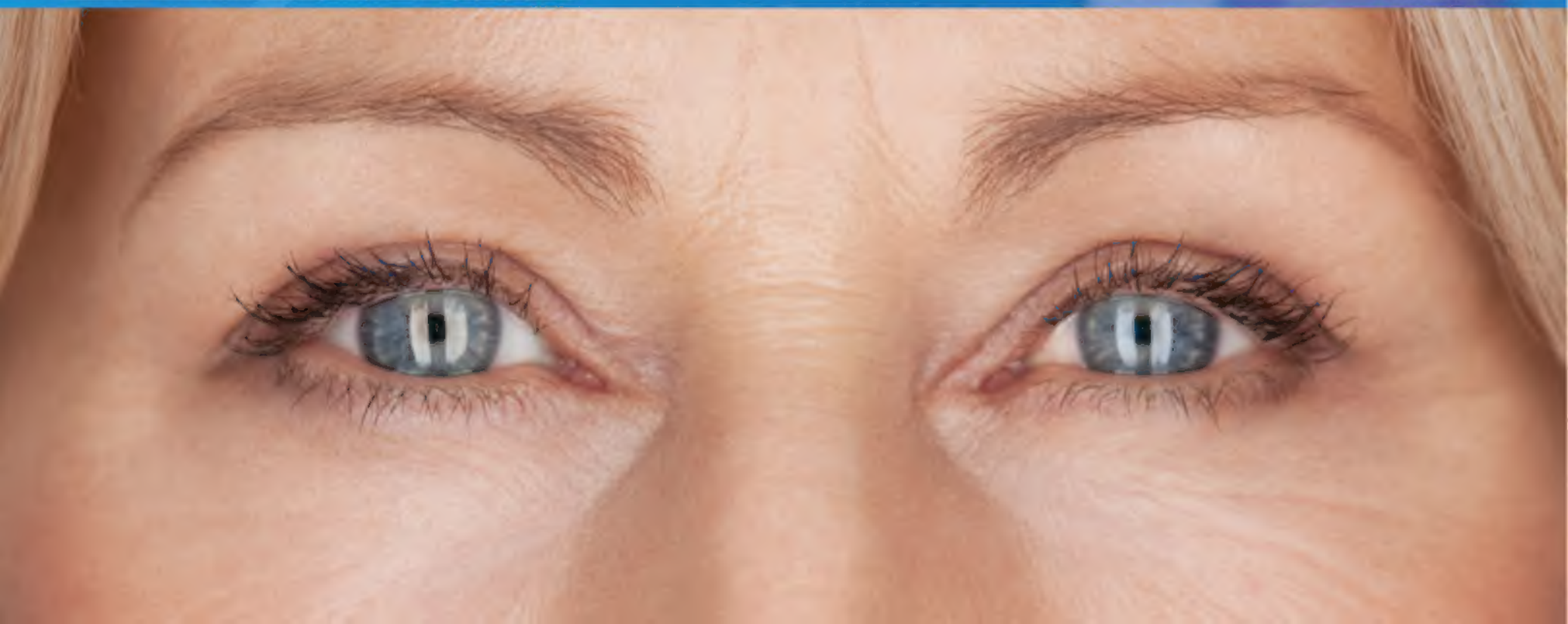

NOVEMBER 2019

FEATURES

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FOR The Win!

LETTERING BY MOLLY JACQUES

COVER: LEIGH BEISCH; STYLING: EMILY CANEER (FOOD), GLENN JENKINS (PROPS); RECIPE: PAGE 100; THIS PAGE: ERIC WOLFINGER; STYLING: ABBY STOLFO (FOOD)

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DEPARTMENTS

Pro tips on how to set a turkey-day table your guests will want to linger around, page 103.

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9 Dinner Tonight
You've got kind of a big meal to plan and prep for this month, so let's keep the rest of your suppers simple. On the menu: Miso-Maple Salmon, Greek Burgers with Herb-Feta Sauce and Lemon Chicken, Kale & Orzo Soup (so easy, yet we couldn't stop eating it).

35 Good Life
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47 Good Health
Alt yoga classes are officially A Thing. Think: posing to heavy-metal tunes or with puppies. *EatingWell* covers the trend. Plus, we examine the link between your gut microbiome and mood, and what to feed those bugs to boost your happiness factor *(p.54)*.

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Tips for setting a Thanksgiving table that's gorgeous (but not precious).

108 Food with Purpose
Ali Casparian understands first-hand what it means to be food insecure. Now she's working to get fresh produce into the hands of other North Carolinians in need.

JOHN KERNICK; STYLING: KAITLYN DU ROSS WALKER; SOURCES: PAGE 104

"MAKE YOUR *Holiday*

JUST A LITTLE BIT BRIGHTER."

Jimmy Dean

Sausage Cornbread Stuffing

INGREDIENTS

1 16-oz. pkg. Jimmy Dean® Premium Pork Sausage (Sage or Regular)
2 cups celery, chopped
1 cup onion, finely chopped
4 cups cornbread, toasted & chopped
¼ cup fresh parsley, chopped
1 tsp. poultry seasoning
1 cup chicken broth
1 egg, lightly beaten
½ cup pecans, chopped (optional)

JIMMYDEAN.COM/RECIPES

DIRECTIONS

Prep Time: 20 min. | Cook Time: 45 min.

1. Preheat oven to 325°F. Cook sausage, celery and onion in large skillet over MEDIUM-HIGH heat for 8–10 min. or until sausage is thoroughly cooked; drain. Spoon into large bowl.
2. Add cornbread, parsley and seasoning; mix lightly. Add in broth and egg, and mix until blended. Stir in pecans, if desired.
3. Spoon into lightly greased 2-quart casserole or soufflé dish; cover and bake 45 min. or until thoroughly heated, uncovering after 35 min.

Cook's Tip:
To toast cornbread, bake at 400°F for 10 min.

Jimmy Dean

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THANKSGIVING Menus

TRADITIONAL

Roast Turkey with Giblet Gravy, *p.74*

Chorizo, Apple, Chestnut & Brussels Sprout Stuffing *p.82*

Roasted Garlic Mashed Potatoes, *p.92*

Green Beans with Rosemary-Garlic Vinaigrette & Fried Shallots, *p.82*

Spice Roasted Carrots with Marshmallow Fluff & Toasted Coconut, *p.78*

Clementine, Date & Port Cranberry Relish, *p.82*

Brown Butter Apple Pie *p.101*

Pumpkin Cream Cheese Pie with Pecan Streusel *p.98*

WINE PAIRINGS:

Red: 2018 Domaine Faury Collines Rhodaniennes IGP Syrah, Rhône, France ($24)

White: 2017 Château Ducasse Bordeaux Blanc, Bordeaux, France ($17)

Vegetarian

Whole Roasted Romanesco with Labneh & Curry Oil *p.86*

Cranberry Sauce with Star Anise*

Chipotle Mashed Sweet Potatoes, *p.92*

Cornbread & Oyster-Mushroom Stuffing*

Apple, Fig & Brussels Sprouts Salad*

Pumpkin Cream Cheese Pie with Pecan Streusel *p.98*

WINE PAIRINGS:

Red: Bouquetin Gamay, Vallée d'Aoste, Italy ($22)

White: 2017 Novellum Chardonnay, Languedoc-Roussillon, France ($13)

FRIENDSGIVING

Spatchcocked Turkey with Sage & Thyme*

Mashed Celeriac with Herbs *p.92*

Green Beans with Rosemary-Garlic Vinaigrette & Fried Shallots, *p.82*

Roasted Rainbow Carrots with Sage Brown Butter*

Cheddar Cornmeal Biscuits with Chives*

5-Layer Pecan Pie *p.96*

WINE & CIDER PAIRINGS:

White: 2017 Obrigado Vera Vinho Verde, Portugal ($12)

Cider: Farnum Hill Extra Dry Cider ($14)

Vegan

Roasted Honeynut Squash with Spicy Agrodolce *p.29*

Whole Roasted Savoy Cabbage with Orange Vinaigrette, *p.89*

Vegan Green Bean Casserole*

Vegan Cornbread Stuffing*

Vegan Mushroom Gravy*

Red Wine Cranberry Sauce*

Vegan Pumpkin Pie*

WINE PAIRINGS:

Red: 2017 Frey Biodynamic Zinfandel, Mendocino, California ($20)

White: 2016 Astrolabe Province Pinot Gris, Marlborough, New Zealand ($24)

**recipe on EatingWell.com*

Scan this smart code with your phone's camera to find all these recipes—and ways to win Thanksgiving!

ERIC WOLFINGER; LEIGH BEISCH; EATINGWELL.COM; BLAINE MOATS

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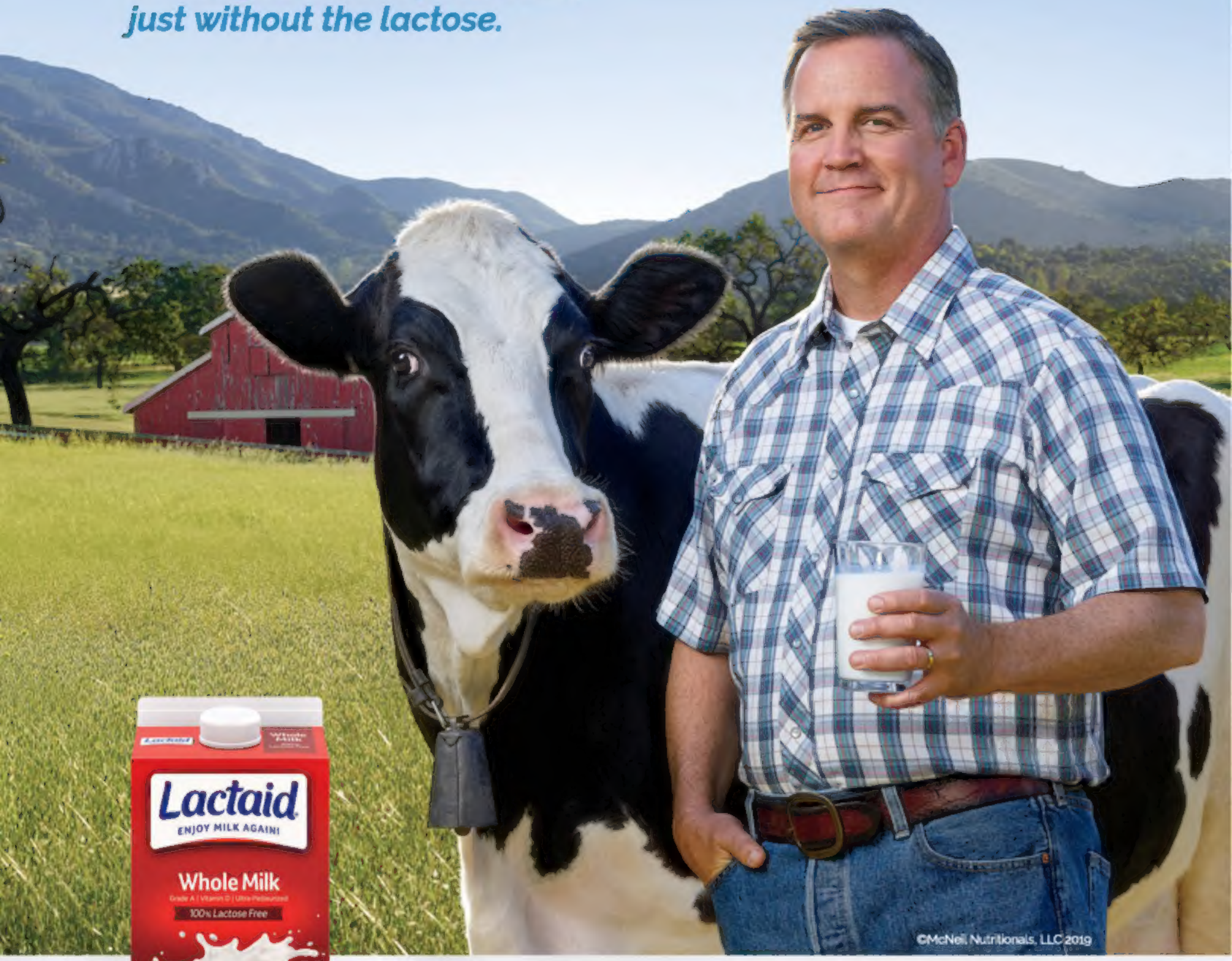

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WHAT'S TRENDING ON

EatingWell.com

1 Perfect T-Day Cocktails This holiday, why not mix up a few options for your guests, like this Sage Gin Gimlet *(right)* or our Cranberry-Prosecco Cocktail? (We don't mind if you call them *your* signature drinks.) *EatingWell.com/thanksgivingcocktails*

2 EatingWell to the Rescue Our team of kitchen pros tells you how to avoid—and fix—every classic Thanksgiving mistake. If you've ever panicked about your gravy, bird or pie crust, you'll want to read this. *EatingWell.com/testkitchenfix*

3 Black Friday Shopping Hey, Santa's helpers: Start with our expert recommendations for the best foodie gifts to buy this Black Friday. *EatingWell.com/giftguide*

WE ASKED YOU

What are your favorite ways to enjoy Thanksgiving leftovers?

"Dressing/stuffing on a waffle iron filled with mashed potatoes, gravy, turkey and green beans." *—Cindy Diener*

"Tamales." *—breadandbutter530*

"Grilled turkey porcini risotto, using homemade broth." *—Lisa Porro*

"Turkey tacos on fresh grilled corn or flour tortillas! Make a lot and freeze in Ziplocs separated by parchment." *—Stephanie Corona*

"I love a Thanksgiving panini! Stuffing and turkey and cranberry relish; grill and dip in leftover gravy." *—Vicki Ivancevic*

"Turkey soup! With the carcass we make a stock and add the leftover turkey and lots of veggies." *—edenvellinga*

"Chopped turkey breast, red onions, cilantro and jalapeños, sautéed in olive oil. Add eggs for a **scramble.**" *—Sylvia Thorpe*

MEET THE GOOD-LIFE GURUS

Let these creative cooks inspire your holiday entertaining.

@acouplecooks

Hosting any vegetarian or vegan guests this Thanksgiving? For plant-based recipes sure to satisfy, look no further than this Instagram feed, full of colorful dishes like Quinoa Stuffed Acorn Squash or Sweet Potatoes with Thai Peanut Butter Sauce (*above*). Wife-and-husband team Sonja and Alex Overhiser are the bloggers (A Couple Cooks), podcasters and cookbook authors behind it.

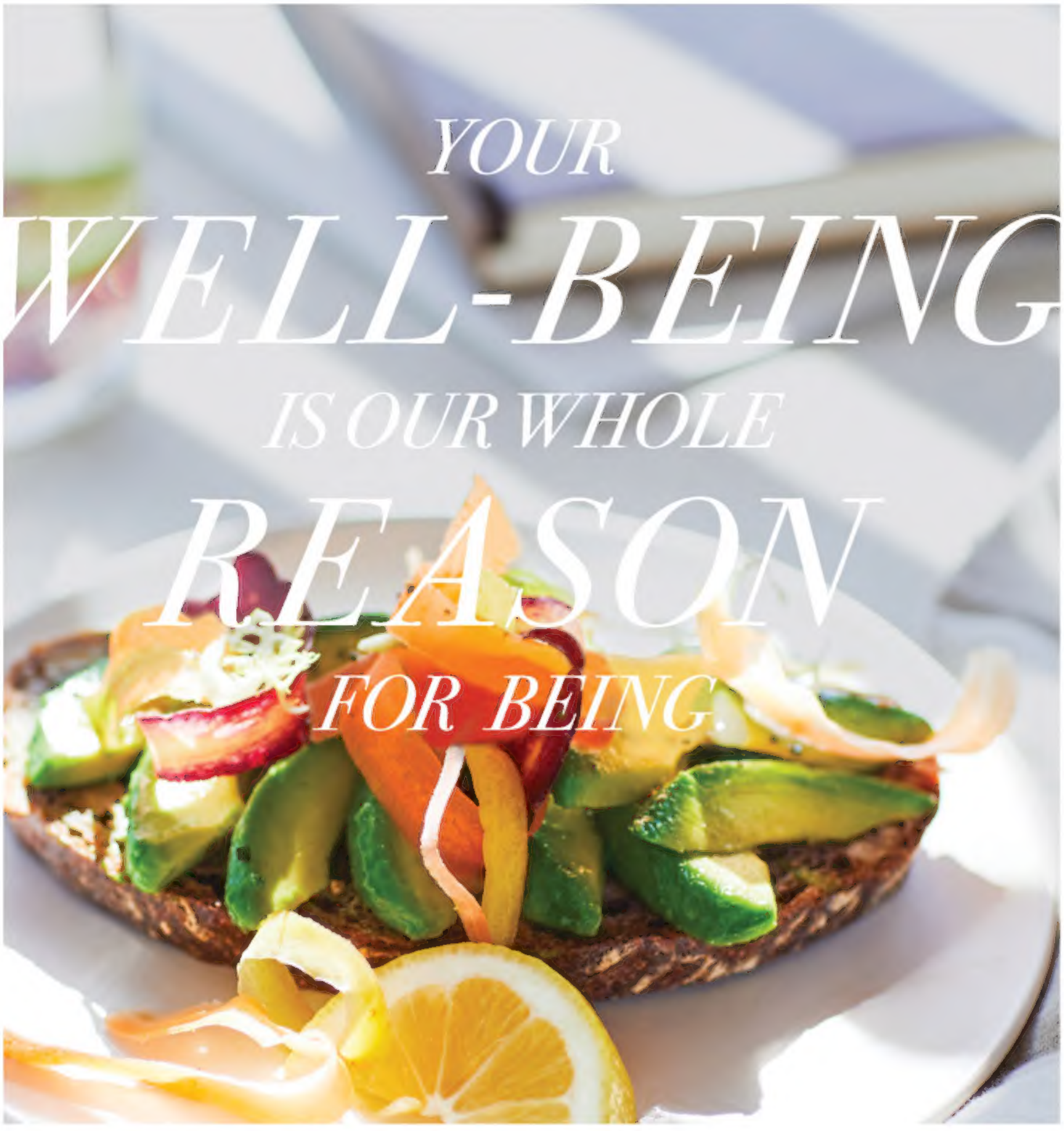
@ayeshacurry

When Ayesha Curry hosts a holiday party, you know the food will be delicious. The cookbook author and producer/host/judge of ABC's *Family Food Fight* tests all her recipes on her three kids and husband, NBA star Steph Curry. Follow her to see what she's making this year and scoop up must-have cookware and bakeware (great gifts!) from her line at *shophomemade.com*.

@dishingouthealth

We dig the healthy, delicious dishes that dietitian and recipe developer Jamie Vespa, M.S., R.D., Instagrams year-round. For T-day, think sides like Pomegranate-Glazed Carrots with Whipped Goat Cheese and Skillet Cauliflower and Gouda Gratin. Hold your phone's camera over the smart code *(left)* to get her appetizer board how-tos.

SYLVIA FOUNTAINE; INSETS: SONJA & ALEX OVERHISER; COURTESY AYESHA CURRY; JAMIE VESPA



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For a 16-24 lb. turkey: In a 5 gal. container, mix 2 gal. water, 10 oz. Kikkoman Soy Sauce (or Gluten-Free Tamari Soy Sauce), 1/2 c. kosher salt, 1/2 c. sugar, 2 Tbsp. dried sage, 2 Tbsp. celery seed, 1 Tbsp. dried thyme. Stir to dissolve salt, add turkey, cover and refrigerate 8 hours or overnight. Rinse turkey well and follow your regular cooking instructions.

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EASY HEALTHY RECIPES

DINNER TONIGHT

Weeknights That Wow!

Centerpiece-worthy mains aren't reserved for holidays alone. Give your family dinners to celebrate, like this whole side of salmon. **Bonus:** It makes plenty of leftovers for meals later in the week!

BLAINE MOATS; STYLING: KELSEY BULAT (FOOD), SUE MITCHELL (PROPS)

BLAINE MOATS; STYLING: KELSEY BULAT (FOOD); SUE MITCHELL (PROPS); RECIPES BY ADAM DOLGE, DEVON O'BRIEN, BREANA KILLEEN

Miso-Maple Salmon

ACTIVE: 15 min **TOTAL:** 15 min
TO MAKE AHEAD: Refrigerate leftovers for up to 2 days.

White miso packs an umami punch. But being the mildest and sweetest variety of the fermented paste, it won't overpower this dish. Use any leftover salmon to make one of the recipes at right. (Photo: page 9.)

- **2 lemons**
- **2 limes**
- **¼ cup white miso**
- **2 tablespoons extra-virgin olive oil**
- **2 tablespoons maple syrup**
- **¼ teaspoon ground pepper**
- **Pinch of cayenne pepper**
- **2½ pounds skin-on salmon fillet**
- **Sliced scallions for garnish**

1. Position rack in upper third of oven; preheat broiler to high. Line a large rimmed baking sheet with foil.

2. Juice 1 lemon and 1 lime into a small bowl. Whisk in miso, oil, maple syrup, pepper and cayenne. Place salmon, skin-side down, on the prepared pan and spread the miso mixture on top. Halve the remaining lemon and lime and arrange around the salmon, cut-sides up.

3. Broil the salmon just until it flakes with a fork, 7 to 12 minutes. Serve with the lemon and lime halves and sprinkle with scallions, if desired.

SERVES 8: 4 oz. salmon each
CAL 230 / **FAT** 9G (SAT 2G) / **CHOL** 66MG / **CARBS** 7G **TOTAL SUGARS** 3G (ADDED 3G) / **PROTEIN** 28G **FIBER** 0G / **SODIUM** 341MG / **POTASSIUM** 549MG.

FOR THE LEFTOVERS

Spicy Salmon Cakes

ACTIVE: 20 min **TOTAL:** 20 min

Combine 1½ cups flaked **cooked salmon,** 2 lightly beaten large **eggs,** ¼ cup each chopped **red onion** and fresh **cilantro,** 1 Tbsp. each **chile-garlic sauce** and low-sodium **soy sauce** and 1 tsp. **Chinese five-spice powder** in a large bowl. Fold in 1 cup **panko breadcrumbs.** Form into four 3-inch-wide patties. Heat ¼ cup **canola oil** in a medium nonstick skillet over medium-high heat. Add the cakes and cook, turning once, until browned, 4 to 6 minutes.

SERVES 4: 1 cake each

Scallion-Salmon Dip

ACTIVE: 10 min **TOTAL:** 10 min
TO MAKE AHEAD: Refrigerate for up to 1 day.

Whisk 6 oz. softened reduced-fat **cream cheese,** ¼ cup each **mayonnaise** and sliced **scallions,** 1 Tbsp. **lemon juice** and ¼ tsp. each **salt** and **ground pepper** in a small bowl. Fold in ¾ cup flaked **cooked salmon.**

SERVES 12: 2 Tbsp. each

Lemon-Garlic Pasta with Salmon

ACTIVE: 15 min **TOTAL:** 15 min

Cook 8 oz. **whole-wheat pasta** according to package directions; drain, reserving ½ cup cooking water. Combine 5 Tbsp. **extra-virgin olive oil,** 5 chopped **garlic cloves,** 1 tsp. **anchovy paste,** ¼ tsp. **crushed red pepper** and zest and juice of 1 **lemon** in a large skillet. Heat over medium-high heat until sizzling, about 3 minutes. Add the reserved water, the pasta, 3 Tbsp. chopped fresh **parsley,** 1½ cups flaked **cooked salmon** and ¼ tsp. **salt.** Cook, stirring, until the sauce coats the pasta, about 2 minutes. Serve topped with 2 Tbsp. toasted **whole-wheat breadcrumbs.**

SERVES 4: 1⅓ cups each

NUTRITION INFO: page 106

1621 FIRST THANKSGIVING CHEESECAKE

Prep Time: 20 min. | **Total Time:** 6 hours 15 min. (incl. refrigerating) | **Makes:** 16 servings

WHAT YOU NEED

1 cup graham cracker crumbs
1/4 cup butter, melted
1 cup plus 2 Tbsp. sugar, divided
4 pkg. (8 oz. each) PHILADELPHIA Cream Cheese, softened
1 tsp. vanilla
4 eggs

MAKE IT

HEAT oven to 325°F.
COMBINE graham crumbs, butter and 2 Tbsp. sugar; press onto bottom of 10-inch cast-iron skillet sprayed with cooking spray.
BEAT cream cheese with vanilla and remaining sugar in large bowl with mixer until blended. Add eggs, 1 at a time, mixing on low speed after each just until blended.
POUR over crust. (Note: Pan will be very full.) Place pan on baking sheet, then place in oven.
BAKE 50 to 55 min. or until center of cheesecake is almost set. Cool completely.
REFRIGERATE 4 hours.

Special Extra:
Garnish finished cheesecake with nuts, and regional Thanksgiving fruits, such as cranberries, grapes, figs, blueberries, and/or raspberries.

MAKE YOUR *Thanksgiving Dessert* THE ORIGINAL

PHILADELPHIA original

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Corned Beet Reuben Melts

ACTIVE: 20 min **TOTAL:** 20 min
TO MAKE AHEAD: Refrigerate beets and sauce (Step 2) separately for up to 3 days.

Tossing beets with coriander, mustard seeds, cinnamon and allspice gives them corned beef flavor for a meatless rendition of a classic Reuben sandwich.

- **1½ pounds cooked peeled beets *(see Tip)*, very thinly sliced**
- **1 tablespoon extra-virgin olive oil**
- **2 teaspoons ground coriander**
- **2 teaspoons mustard seeds**
- **½ teaspoon ground cinnamon**
- **¼ teaspoon ground allspice**
- **3 tablespoons mayonnaise**
- **2 tablespoons ketchup**
- **1 tablespoon dill relish**
- **1 teaspoon hot sauce**
- **4 slices rye bread, toasted**
- **¾ cup sauerkraut, rinsed and squeezed dry**
- **4 ounces sliced Swiss cheese**

1. Position rack in upper third of oven; preheat broiler to high.

2. Toss beets with oil, coriander, mustard seeds, cinnamon and allspice in a large bowl to coat. Combine mayonnaise, ketchup, relish and hot sauce in a small bowl.

3. Spread the sauce on one side of each slice of bread and place on a baking sheet. Top with the beets, sauerkraut and cheese.

4. Broil the sandwiches until the cheese is melted and starting to brown, about 5 minutes. Serve immediately.

SERVES 4: 1 sandwich each
CAL 393 / **FAT** 22G (SAT 7G) / **CHOL** 31MG / **CARBS** 37G
TOTAL SUGARS 17G (ADDED 2G) / **PROTEIN** 14G
FIBER 7G / **SODIUM** 813MG / **POTASSIUM** 650MG.

BEET IT!

Precooked beets are a time-saver and come already peeled, meaning less mess. You can find them in vacuum-sealed packages in the refrigerated produce section.

→ Learn how to cook beets perfectly every time with our guide at *eatingwell.com/Beets101*

BLAINE MOATS; STYLING: KELSEY BULAT (FOOD), SUE MITCHELL (PROPS); ILLUSTRATION: EMMA DIBBEN; RECIPE BY ADAM DOLGE

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Chicken Cutlets with Sun-Dried Tomato Cream Sauce

ACTIVE: 20 min **TOTAL:** 20 min

A jar of sun-dried tomatoes does double duty here: the flavorful oil they're packed in is used to sauté the chicken, and the tomatoes go into the cream sauce.

- **1 pound chicken cutlets**
- **¼ teaspoon salt, divided**
- **¼ teaspoon ground pepper, divided**
- **½ cup slivered oil-packed sun-dried tomatoes, plus 1 tablespoon oil from the jar**
- **½ cup finely chopped shallots**
- **½ cup dry white wine**
- **½ cup heavy cream**
- **2 tablespoons chopped fresh parsley**

1. Sprinkle chicken with ⅛ teaspoon each salt and pepper. Heat sun-dried tomato oil in a large skillet over medium heat. Add the chicken and cook, turning once, until browned and an instant-read thermometer inserted into the thickest part registers 165°F, about 6 minutes total. Transfer to a plate.

2. Add sun-dried tomatoes and shallots to the pan. Cook, stirring, for 1 minute. Increase heat to high and add wine. Cook, scraping up any browned bits, until the liquid has mostly evaporated, about 2 minutes. Reduce heat to medium and stir in cream, any accumulated juices from the chicken and the remaining ⅛ teaspoon each salt and pepper; simmer for 2 minutes. Return the chicken to the pan and turn to coat with the sauce. Serve the chicken topped with the sauce and parsley.

SERVES 4: 3 oz. chicken & ¼ cup sauce each
CAL 324 / **FAT** 19G (SAT 8G) / **CHOL** 97MG / **CARBS** 8G **TOTAL SUGARS** 2G (ADDED 0G) / **PROTEIN** 25G **FIBER** 1G / **SODIUM** 250MG / **POTASSIUM** 532MG.

BLAINE MOATS; STYLING: KELSEY BULAT (FOOD), SUE MITCHELL (PROPS); RECIPE BY CAROLYN MALCOUN

→ Need more ideas for that jar of sun-dried tomatoes? Go to *eatingwell.com/sundriedtomatoes*

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Greek Burgers with Herb-Feta Sauce

ACTIVE: 25 min **TOTAL:** 25 min

These burgers get a Mediterranean twist with a yogurt sauce seasoned with oregano, lemon and feta cheese. If you can't find ground lamb, ask the butcher to grind some for you.

- **1 cup nonfat plain Greek yogurt**
- **¼ cup crumbled feta cheese**
- **3 tablespoons chopped fresh oregano, divided**
- **¼ teaspoon lemon zest**
- **2 teaspoons lemon juice**
- **¾ teaspoon salt, divided**
- **1 small red onion**
- **1 pound ground lamb *or* ground beef**
- **½ teaspoon ground pepper**
- **2 whole-wheat pitas, halved, split and warmed**
- **1 cup sliced cucumber**
- **1 plum tomato, sliced**

1. Preheat grill to medium-high or preheat broiler to high.

2. Mix yogurt, feta, 1 tablespoon oregano, lemon zest, lemon juice and ¼ teaspoon salt in a small bowl.

3. Cut ¼-inch-thick slices of onion to make ¼ cup. Finely chop more onion to make ¼ cup. (Reserve any remaining onion for another use.) Mix the chopped onion and meat in a large bowl with the remaining 2 tablespoons oregano and ½ teaspoon each salt and pepper. Form into 4 oval patties, about 4 inches by 3 inches.

4. Grill or broil the burgers, turning once, until an instant-read thermometer registers 160°F, 4 to 6 minutes per side. Serve in pita halves, with the sauce, onion slices, cucumber and tomato.

SERVES 4: 1 burger each

CAL 375 / **FAT** 18G (SAT 8G) / **CHOL** 86MG / **CARBS** 23G **TOTAL SUGARS** 4G (ADDED 0G) / **PROTEIN** 30G **FIBER** 3G / **SODIUM** 775MG / **POTASSIUM** 510MG.

BLAINE MOATS; STYLING: KELSEY BULAT (FOOD), SUE MITCHELL (PROPS); RECIPE BY BREANA KILLEEN

LEAFY MEETS BEEFY.

50% plant protein
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*Compared to all beef 80% lean/20% fat patties

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FIND IN THE FRESH MEAT CASE >>>

BOLD BLEND

A mix of coriander, black pepper, cumin, cardamom, cinnamon and other spices, garam masala adds a warming, complex layer of flavor to this Indian stew.

Potato & Chickpea Curry

ACTIVE: 35 min **TOTAL:** 35 min

This fast Indian-style curry comes together with ingredients you most likely have on hand, like frozen peas and canned tomatoes and chickpeas. Serve with whole-wheat naan to sop up the sauce.

- **1 pound Yukon Gold potatoes, peeled and cut into 1-inch pieces**
- **3 tablespoons grapeseed oil *or* canola oil**
- **1 large onion, diced**
- **3 cloves garlic, minced**
- **2 teaspoons curry powder**
- **¾ teaspoon salt**
- **¼ teaspoon cayenne pepper**
- **1 14-ounce can no-salt-added diced tomatoes**
- **¾ cup water, divided**
- **1 15-ounce can low-sodium chickpeas, rinsed**
- **1 cup frozen peas**
- **½ teaspoon garam masala *(see Tip)***

1. Bring 1 inch of water to a boil in a large pot fitted with a steamer basket. Add potatoes, cover and steam until tender, 6 to 8 minutes. Set the potatoes aside. Dry the pot.

2. Heat oil in the pot over medium-high heat. Add onion and cook, stirring often, until soft and translucent, 3 to 5 minutes. Add garlic, curry powder, salt and cayenne; cook, stirring constantly, for 1 minute. Stir in tomatoes and their juice; cook for 2 minutes. Transfer the mixture to a blender or food processor. Add ½ cup water and puree until smooth.

3. Return the puree to the pot. Pulse the remaining ¼ cup water in the blender or food processor to rinse the sauce residue. Add to the pot along with the reserved potatoes, chickpeas, peas and garam masala. Cook, stirring often, until hot, about 5 minutes.

SERVES 4: 1¼ cups each

CAL 321 / **FAT** 12G (SAT 1G) / **CHOL** 0MG / **CARBS** 46G **TOTAL SUGARS** 7G (ADDED 0G) / **PROTEIN** 9G **FIBER** 9G / **SODIUM** 533MG / **POTASSIUM** 796MG.

BLAINE MOATS: STYLING; SUE HOSS (FOOD), SUE MITCHELL (PROPS); ILLUSTRATION: EMMA DIBBEN; RECIPE BY BREANA KILLEEN

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Coconut-Sriracha Chicken Tenders

ACTIVE: 10 min **TOTAL:** 25 min

A mixture of egg and Sriracha brings heat to these tenders but also helps the crunchy blend of puffed rice cereal and coconut chips stick.

- **1 pound chicken tenders**
- **1 teaspoon onion powder**
- **¼ teaspoon salt**
- **¼ teaspoon ground pepper**
- **1 cup unsweetened coconut chips**
- **1 cup crispy brown rice cereal *(see Tip)***
- **¼ cup rice flour *or* all-purpose flour**
- **1 large egg**
- **¼ cup Sriracha**
- **Nonstick coconut oil cooking spray**

1. Place a baking sheet in the oven; preheat to 450°F.

2. Sprinkle chicken with onion powder, salt and pepper. Pulse coconut and cereal in a food processor until finely chopped; transfer to a shallow dish. Place flour in another shallow dish. Whisk egg with Sriracha in a third shallow dish. Dredge the chicken in the flour, shaking off excess. Coat with the Sriracha mixture, letting excess drip off, then dredge in the coconut mixture, pressing to adhere.

3. Remove the baking sheet from the oven and coat with cooking spray. Place the chicken on the pan and generously coat it with cooking spray.

4. Bake the chicken, turning once halfway, until browned and an instant-read thermometer inserted in the thickest part registers 165°F, 12 to 14 minutes.

SERVES 4: 3 oz. chicken each

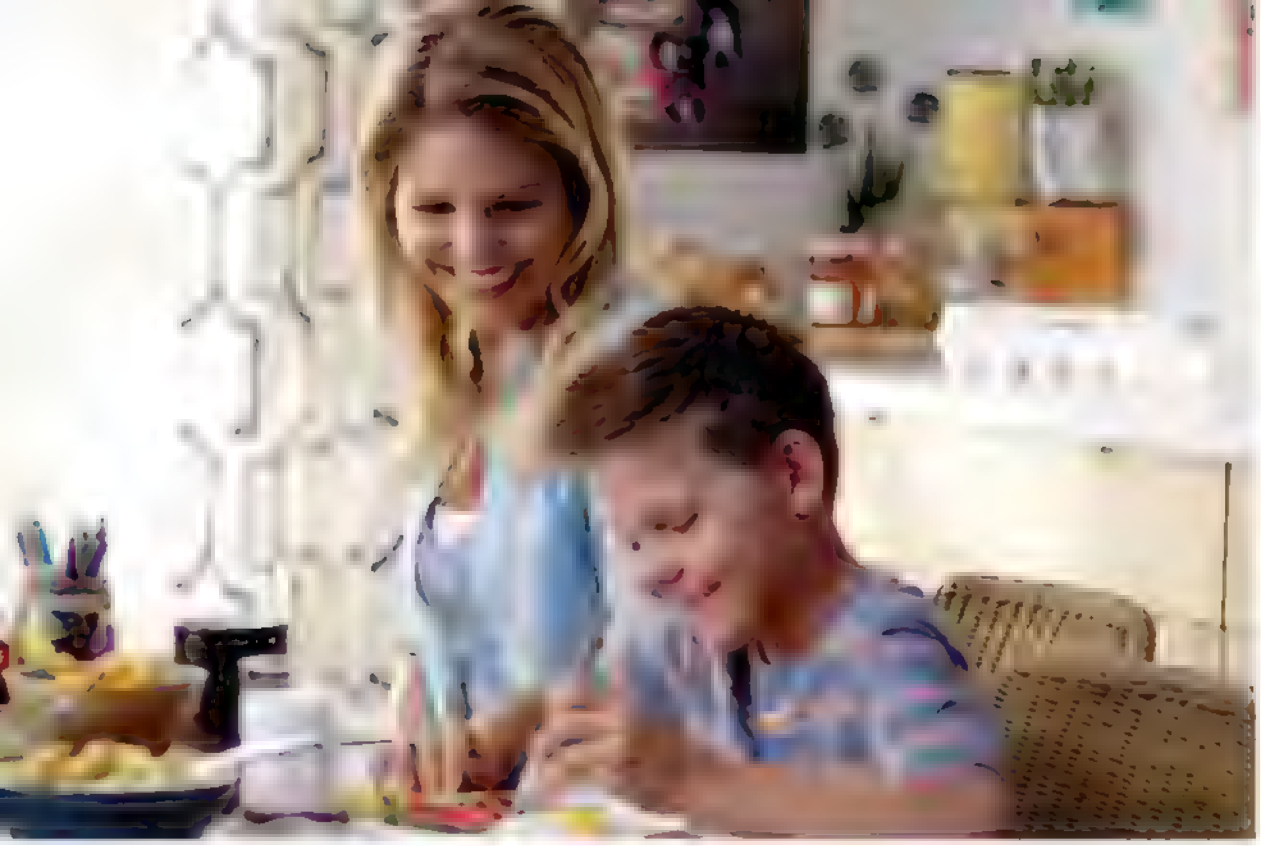
CAL 292 / **FAT** 14G (SAT 9G) / **CHOL** 102MG / **CARBS** 16G / **TOTAL SUGARS** 5G (ADDED 1G) / **PROTEIN** 30G / **FIBER** 3G / **SODIUM** 411MG / **POTASSIUM** 45MG.

FAMILY FEED

Crispy rice cereal—a childhood favorite—is available in whole-grain versions (and most are gluten-free). We use it to add crunch to this chicken.

→ Get more quick recipe ideas for chicken tenders at *eatingwell.com/chickentenders*

BLAINE MOATS; STYLING: GREG LUNA (FOOD), SUE MITCHELL (PROPS); ILLUSTRATION: EMMA DIBBEN; RECIPE BY CAROLYN MALCOUN



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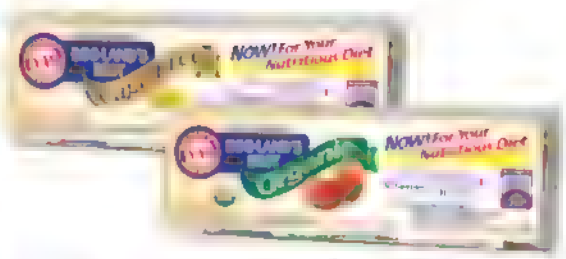

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Lemon Chicken, Kale & Orzo Soup

ACTIVE: 40 min **TOTAL:** 40 min

Serve this soup topped with a sprinkle of Parmesan cheese, and a side of garlic toast.

- **2 tablespoons extra-virgin olive oil, divided**
- **1 pound boneless, skinless chicken breasts, trimmed and cut into 1-inch pieces**
- **1 teaspoon dried oregano *and/or* thyme, divided**
- **1¼ teaspoons salt, divided**
- **¾ teaspoon ground pepper, divided**
- **2 cups chopped onions**
- **1 cup chopped carrots**
- **1 cup chopped celery**
- **2 cloves garlic, minced**
- **1 bay leaf**
- **4 cups unsalted chicken broth**
- **⅔ cup orzo pasta, preferably whole-wheat**
- **4 cups chopped kale**
- **1 lemon, zested and juiced**

1. Heat 1 tablespoon oil in a large pot over medium-high heat. Add chicken and sprinkle with ½ teaspoon each oregano (and/or thyme), salt and pepper. Cook, stirring occasionally, until lightly browned, 3 to 5 minutes. Using a slotted spoon, transfer the chicken to a plate.

2. Add the remaining 1 tablespoon oil, onions, carrots and celery to the pan. Cook, scraping up any browned bits, until the vegetables are soft and lightly browned, 3 to 5 minutes. Add garlic, bay leaf and the remaining ½ teaspoon oregano (and/or thyme). Cook, stirring, until fragrant, 30 to 60 seconds.

3. Add broth and bring to a boil over high heat. Add orzo. Reduce heat to maintain a simmer, cover and cook for 5 minutes. Add kale and the chicken, along with any accumulated juices. Continue cooking until the orzo is tender and the chicken is cooked through, 5 to 8 minutes more.

4. Remove from heat. Discard bay leaf. Stir in lemon zest, lemon juice and the remaining ¾ teaspoon salt and ¼ teaspoon pepper.

SERVES 6: 1¼ cups each

CAL 245 / **FAT** 7G (SAT 1G) / **CHOL** 42MG / **CARBS** 24G **TOTAL SUGARS** 5G (ADDED 0G) / **PROTEIN** 21G **FIBER** 5G / **SODIUM** 639MG / **POTASSIUM** 480MG.

BLAINE MOATS; STYLING: KELSEY BULAT (FOOD), SUE MITCHELL (PROPS); RECIPE BY BREANA KILLEEN

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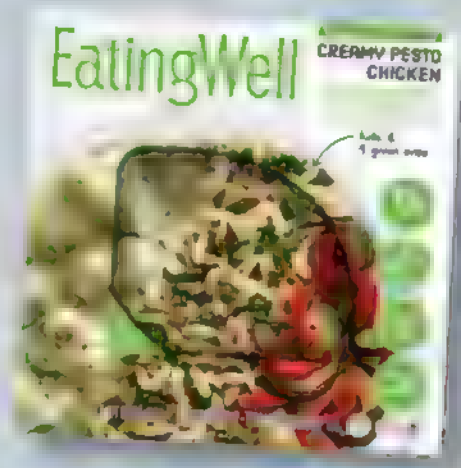

HOT & FUNKY

Chili-bean sauce, a popular condiment used in Sichuan cooking, is made from fermented soybeans and broad beans, and red chiles. It adds heat and saltiness to these noodles. Look for it at Asian markets or online.

BLAINE MOATS; STYLING: KELSEY BULAT (FOOD), SUE MITCHELL (PROPS); ILLUSTRATION: EMMA DIBBEN; RECIPE BY BREANA KILLEEN

Spicy Pork Noodles with Scallions & Bok Choy

ACTIVE: 35 min **TOTAL:** 35 min

These noodles are inspired by a Chinese dish called Ants Climbing a Tree, named for the way the small pieces of ground pork (the "ants") cling to the noodles (the "tree").

- **7 ounces thin rice noodles *or* rice sticks**
- **2 tablespoons canola oil, divided**
- **1 head bok choy (about 1 pound), chopped, greens and whites separated**
- **3 scallions, sliced, greens and whites separated**
- **2 tablespoons minced fresh ginger**
- **¼ cup chili-bean sauce *(see Tip)* *or* chile-garlic sauce**
- **1 pound ground pork**
- **2 cups unsalted chicken broth**
- **3 tablespoons reduced-sodium tamari *or* soy sauce**
- **1 teaspoon sugar**
- **1 tablespoon cornstarch**
- **1 tablespoon water**
- **Crushed red pepper for garnish**

1. Cook noodles according to package directions. Drain and rinse under cold water. Set aside.

2. Meanwhile, heat 1 tablespoon oil in a large flat-bottomed wok or cast-iron skillet over high heat. Add bok choy whites and cook, stirring, for 1 minute. Add bok choy greens and cook until wilted, about 1 minute more. Transfer all the bok choy to a medium bowl.

3. Add the remaining 1 tablespoon oil, scallion whites, ginger and chili-bean sauce (or chile-garlic sauce) to the pan. Add pork and cook, crumbling with a wooden spoon, until no longer pink, 3 to 5 minutes. Add broth, tamari (or soy sauce) and sugar. Mix cornstarch and water in a small bowl and add to the pan. Bring to a boil and cook, stirring, until slightly thickened, about 1 minute. Stir in the reserved noodles and bok choy; cook, stirring, until heated through, about 1 minute. Serve topped with scallion greens and crushed red pepper, if desired.

SERVES 6: 1⅓ cups each

CAL 311 / **FAT** 9G (SAT 2G) / **CHOL** 44MG / **CARBS** 39G **TOTAL SUGARS** 4G (ADDED 1G) / **PROTEIN** 20G **FIBER** 3G / **SODIUM** 608MG / **POTASSIUM** 581MG.

→ Get more weeknight-friendly Chinese dinner recipes at *eatingwell.com/quickChinese*

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Roasted Honeynut Squash with Spicy Agrodolce

ACTIVE: 25 min **TOTAL:** 55 min

Agrodolce is a sweet-and-sour Italian sauce made by reducing vinegar and sugar. The spicy kick from the serrano pepper in this version complements the squash.

- **2 honeynut *or* 2 small butternut squash (about ¾ pound each), halved lengthwise and seeded**
- **2 tablespoons extra-virgin olive oil, divided**
- **½ teaspoon salt, divided**
- **¼ teaspoon ground pepper**
- **1 small onion, diced**
- **1 small serrano pepper, thinly sliced**
- **¾ cup cider vinegar**
- **¼ cup chopped dried apricots**
- **3 tablespoons light brown sugar**
- **¼ cup chopped toasted walnuts**

1. Preheat oven to 400°F. Coat a rimmed baking sheet with cooking spray.

2. Drizzle squash with 1 tablespoon oil and sprinkle with ¼ teaspoon salt and pepper. Place, cut-side down, on the prepared pan. Bake until starting to soften, about 15 minutes. Turn the squash over and continue baking until lightly browned and tender, 15 to 20 minutes more.

3. Meanwhile, heat the remaining 1 tablespoon oil in a small saucepan over medium-low heat. Add onion and cook, stirring occasionally, until very soft, 4 to 8 minutes. Add serrano and cook, stirring occasionally, until starting to soften, about 1 minute. Stir in vinegar, apricots, brown sugar and the remaining ¼ teaspoon salt. Bring to a simmer. Reduce heat to maintain a simmer and cook until reduced to ¾ cup, about 25 minutes.

4. Serve the squash with the sauce and walnuts.

SERVES 4: ½ squash & 3 Tbsp. sauce each

CAL 242 / **FAT** 12G (SAT 1G) / **CHOL** 0MG / **CARBS** 35G

TOTAL SUGARS 19G (ADDED 9G) / **PROTEIN** 3G / **FIBER** 5G

SODIUM 298MG / **POTASSIUM** 691MG.

BLAINE MOATS, STYLING: GREG LUNA (FOOD); SUE MITCHELL (PROPS); RECIPE BY ADAM DOLGE

Hover your phone's camera over the smart code to see a video of how to make this recipe.

Curry 101

BY JOY HOWARD

Pairing these kid-friendly crunchy cauliflower bites with an internationally inspired sauce is an easy way to introduce new flavors.

Lesson to share with your kiddos: While curry powder implies a single ingredient, it's actually a flavorful blend made from a variety of spices including cumin, coriander and dried chiles, and gets its vibrant color from turmeric. Look for "hot" varieties if your family likes spicy food.

Crunchy Cauliflower Bites with Curry-Lime Aioli

ACTIVE: 25 min **TOTAL:** 50 min

TO MAKE AHEAD: Refrigerate aioli (Step 5) for up to 2 days.

Reminiscent of chicken nuggets, this cauliflower is a great way to get kids to eat their veggies. Want to get another veg on your child's plate? This recipe also works with broccoli.

- ½ cup garbanzo (chickpea) flour
- 4 teaspoons minced fresh cilantro, plus more for garnish
- ¾ teaspoon salt, divided
- ⅛ teaspoon ground pepper
- 10 tablespoons water
- ¼ teaspoon grated lime zest
- 1 tablespoon lime juice plus 1¼ teaspoons, divided
- 1½ cups panko breadcrumbs
- 1 teaspoon ground cumin
- 1 teaspoon garlic powder, divided
- 6 cups 1½-inch cauliflower florets (from 1 medium head)
- ½ cup mayonnaise
- ¾ teaspoon curry powder

1. Preheat oven to 400°F. Line a baking sheet with foil and coat with cooking spray.

KIDS DO **2.** Combine flour, cilantro, ¼ teaspoon salt and pepper in a large bowl. Whisk in water and 1 tablespoon lime juice. Combine breadcrumbs, cumin, ¾ teaspoon garlic powder and the remaining ½ teaspoon salt in another large bowl.

KIDS DO **3.** Working in batches, place several cauliflower florets in the batter and stir to coat. Let excess batter drip off, then toss lightly in the breadcrumb mixture to coat. Transfer to the prepared pan. Repeat with the remaining florets.

4. Bake the cauliflower, stirring once, until golden, 30 to 40 minutes.

KIDS DO **5.** Meanwhile, combine mayonnaise, curry powder, lime zest and the remaining 1¼ teaspoons lime juice and ¼ teaspoon garlic powder in a small bowl.

6. Serve the cauliflower with the aioli and more cilantro, if desired.

SERVES 4: 1½ cups cauliflower & 2 Tbsp. sauce each

CAL 325 / **FAT** 22G (SAT 4G) / **CHOL** 12MG / **CARBS** 27G / **TOTAL SUGARS** 5G (ADDED 0G) / **PROTEIN** 7G / **FIBER** 5G / **SODIUM** 448MG / **POTASSIUM** 573MG.

BLAINE MOATS; STYLING: KELSEY BULAT (FOOD), SUE MITCHELL (PROPS)

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ACTIVE: 20 min **TOTAL:** 20 min
TO MAKE AHEAD: Refrigerate for up to 3 days.
NUTRITION INFO: page 106

PAIR WITH CHICKEN

Lemon-White Wine Caper Sauce

Heat 1 Tbsp. **extra-virgin olive oil** in a medium skillet over medium-high heat. Add ¼ cup minced **shallot** and cook, stirring, until softened, about 1 minute. Add ¼ cup **white wine,** ½ tsp. **lemon zest** and 3 Tbsp. **lemon juice.** Bring to a boil. Cook, scraping up any browned bits, until the liquid is reduced by about half, 2 to 3 minutes. Add 1 cup **unsalted chicken broth,** 1 Tbsp. each **capers** and chopped fresh **parsley** and ¼ tsp. each **salt** and **ground pepper.** Cook, stirring, until the sauce is reduced by about half, about 4 minutes. Whisk 1 Tbsp. each **broth** and **cornstarch** in a small bowl, then whisk into the pan. Cook, stirring, until thickened, about 1 minute. Remove from heat and stir in 1 Tbsp. **butter.**
SERVES 8: 2 Tbsp. each

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Honey, Orange & Champagne Sauce

Heat 1 Tbsp. **extra-virgin olive oil** in a small saucepan over medium-high heat. Add ¼ cup minced **shallot** and cook, stirring, until softened, about 1 minute. Add 1½ cups **sparkling wine,** ½ tsp. **orange zest,** ¼ cup **orange juice,** 1 Tbsp. **honey** and ¼ tsp. each **ground coriander, salt** and **ground pepper.** Bring to a boil. Cook, stirring occasionally, until the sauce is reduced by about half, 10 to 12 minutes. Whisk 1 Tbsp. each **sparkling wine** and **cornstarch** in a small bowl, then whisk into the pan. Cook, stirring, until thickened, about 1 minute. Remove from heat and stir in 1 Tbsp. **butter.**

SERVES 8: 2 Tbsp. each

SERVE OVER STEAK

Cranberry-Red Wine Sauce

Heat 1 Tbsp. **extra-virgin olive oil** in a small saucepan over medium-high heat. Add ¼ cup minced **shallot** and cook, stirring, until softened, about 1 minute. Add 1½ cups **dry red wine,** ¼ cup each **dried and fresh cranberries** (thawed if frozen), 1 Tbsp. **sugar,** 1½ tsp. chopped fresh **sage** and ¼ tsp. each **salt** and **ground pepper.** Bring to a boil. Cook, stirring occasionally, until the sauce is reduced by about half, about 10 minutes. Mash the cranberries gently with the back of a spoon. Whisk 1 Tbsp. each **red wine** and **cornstarch** in a small bowl, then whisk into the pan. Cook, stirring, until thickened, about 1 minute. Remove from heat and stir in 1 Tbsp. **butter.**

SERVES 10: 2 Tbsp. each

BLAINE MOATS; STYLING: KELSEY BULAT (FOOD), SUE MITCHELL (PROPS); RECIPES BY BREANA KILLEEN

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GOOD LIFE

Off the Beaten Wine Trail

Loved that wine-tasting trip to Napa or the Finger Lakes and thirsting for more? Here, five up-and-coming regions across the U.S. to consider for your next vino vacation.

By Kara Newman

Acclaimed wineries in BBQ country? That's right, y'all. Grape Creek Vineyards (*here*) is located smack-dab in the heart of Texas Hill Country.

KENNY BRAUN

Bending Branch Winery, Texas

Shelburne Vineyard, Vermont

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King Family Vineyards, Virginia

WILL TRAVEL FOR

Lesser-Known Wine Getaways

ALBUQUERQUE, NM

About two dozen wineries are within an hour of this city. Survey the succulents, sun-bleached adobe buildings and wide stretches of blue sky while you sip cabernet sauvignon, merlot or chambourcin, a French-American hybrid known in the area as "New Mexican pinot." At spots like **Acequia Winery** and **Corrales Winery** along the Corrales Wine Loop, the offerings tend toward bold blends with enough sweetness to stand up to the state's chile-pepper-laden dishes. The region's crown jewel is **Gruet Winery,** which makes Champagne-style sparklers. "The high altitude and dry heat yield a deliciously fruit-forward bubbly," says winemaker Laurent Gruet.

CHAMPLAIN VALLEY & CENTRAL VT

In the rural environs of the Green Mountain State, Deirdre Heekin's **La Garagista Farm & Winery** flourishes. She and her chef husband grow cold-hardy American grapes—like La Crescent and Frontenac Gris—along with heirloom apples and other fruits and vegetables. (The tasting room is open for special events to email subscribers.) Some of the grapes get fermented with apples, an unusual mix that has wine geeks swooning. Another Vermont favorite is ice wine, made from grapes left on the vine until they freeze. Seek out this dessert sip at **Boyden Valley Winery** or **Shelburne Vineyard** (across the street from us at *EatingWell*).

BLUE RIDGE, VA

Imagine mountain views, charming inns and lush green pastures—all within striking distance of the Washington, D.C., metro area. No wonder chef José Andrés has called the area "more beautiful than Napa Valley." Taking inspiration from Thomas Jefferson, who first planted grapes near his home in 1773, winemakers in the region (dubbed the Monticello American Viticultural Area) are focusing on white wine varietals like viognier and light reds, such as cabernet franc. Visit **Glen Manor Vineyards**—where grapes grow high on steep slopes—to sample Bordeaux-style blends or petit manseng, or **King Family Vineyards,** where tasting-room visitors can catch polo matches on site.

TEXAS HILL COUNTRY, TX

Located in the south-central part of the state, Hill Country boasts more than 50 wineries. The rolling hills are interspersed with streams and meadows where cattle graze, like something out of a country-folk song. As with many others in the region, **Bending Branch Winery** works with grapes typically found in Italy or Southern France, yielding vino that's big and bold. Tannat, a French grape, is a particular specialty here, and the winery's Texas Tannat is a full-bodied red, redolent of pomegranate and peppery spice. Some wineries play up the Old World connection, like **Duchman Family Winery,** where you can sip trebbiano in a Tuscan-style stone villa.

GRAND VALLEY, CO

For outdoorsy types, the Grand Valley should be on the must-visit list. The area soars at over 4,000 feet in elevation and its rocky mesas offer a breathtaking backdrop for hiking, mountain biking and, of course, wine tasting. "The conditions are similar to Bordeaux," notes Sue Phillips, owner of **Plum Creek Winery,** a pioneer among Colorado winemakers who has been growing grapes since the '80s. With the dry climate, plenty of sun and high altitude, grapes like merlot, cabernet franc, cabernet sauvignon and chardonnay all thrive. To take full advantage of the landscape, **Varaison Vineyards** offers a "Sip & Cycle" bike excursion to view the vines.

JOHN DAVIDSON; JESSESCHLOFFPHOTOGRAPHY.COM; JACK LOONEY

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POTATO PEELS

Chef Alison Mountford, founder of Ends+Stems, a meal-planning website that designs menus with the goal of using up every ounce of food, swears by potato peel snacks. As you prep your Thanksgiving sides, aim to keep the peels as long and wide as possible, then toss them with a good drizzle of olive oil and roast at 425°F for about 10 minutes, stirring partway through. When they come out of the oven, season with salt and your favorite spice, like onion powder, garlic powder, chili powder or smoked paprika.

APPLE SCRAPS

Keep your apple-pie game strong long after the last slice is gone, with Mountford's apple-infused cinnamon sugar: Submerge the peel of 1 medium apple in a jar with ¼ cup each white and brown sugar, plus ground cinnamon to taste. Let the mixture infuse for up to a week, then pulse in a food processor until finely chopped. Store in the refrigerator and enjoy the sugar sprinkled on buttered toast, oatmeal, muffins, ice cream or homemade granola.

THE KITCHEN SINK

All those veggie odds and ends—tomatoes, celery, scallions, cucumbers, squash? Save them for a DIY bloody mary mix, says Benjamin Rouse, head bartender at Henley in Nashville. Give the scraps a whirl in your blender, adding water or vegetable juice to thin as needed, plus spices to taste. Some flavors you can mix-and-match include cracked black pepper, celery salt, garlic powder, onion powder, prepared horseradish or cayenne. Strain the mix, if desired. (If you do strain, add the solids to your next tomato soup for extra body and a kick!) Add a shot of vodka and a squeeze of lemon. Serve in an Old-Bay-and-salt-rimmed glass.

SOS: SAVE OUR SCRAPS Americans purchase more than **1 billion pounds of food** in preparation for Thanksgiving each year. And around **400 million pounds** of it will get chucked. Let's make it our mission to change that this year!

→ **GET SCRAPPY** Find more ideas to use it all up at *eatingwell.com/foodscraps*

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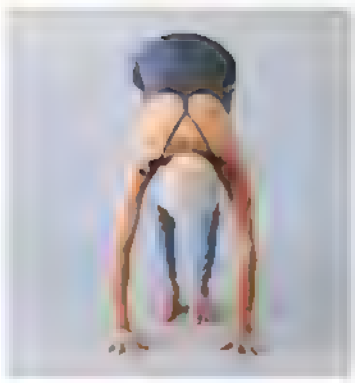
Flexibility Is the Key to Your Health

STRETCHES THAT WILL PAY YOUR BODY BACK AS YOU AGE

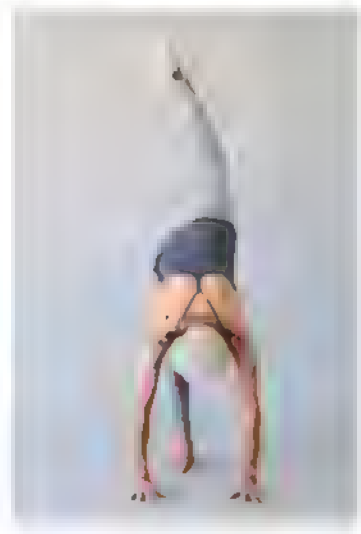
As we age, we often lose flexibility. It can make stretching harder—but also more important. "It's funny how simple stretches can change your life," says Janice Lennard, a yoga and Pilates instructor based in Rancho Mirage, Calif. "You hold your body straighter and move more easily, and it puts your mind in a happy place." A 2019 analysis of nearly two dozen studies found that older adults who practice yoga report better balance and flexibility, and even improved mental health and sleep.

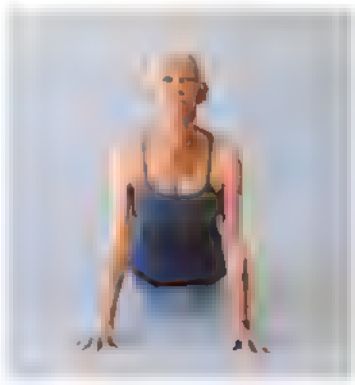
As a lifelong yogi, Janice knows that a flexible body is just as important as having flexibility in your Medicare plan. Blue Cross and Blue Shield companies offer a number of Medicare options that support her health journey, so Janice can have a say in how she lives and cares for herself. Support your own health and flexibility by incorporating these four stretches into your morning routine:



Standing Forward Bend: Stand straight up, with your feet slightly apart. Bring your arms straight up, fingers pointing at the sky. Slowly bend forward at the waist, opening your arms to the side and then down, bringing them together on your calves. Stretch to reach your ankles or place palms flat on the ground if it feels comfortable. Hug your legs closer to increase the stretch on your lower back and hamstrings.

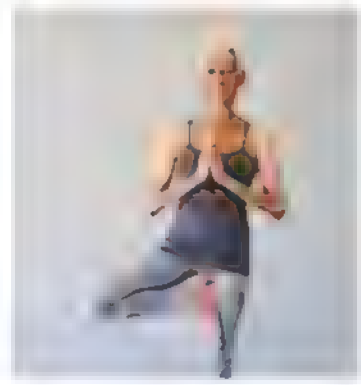
Standing Split Pose: Stand straight up with your feet together. Shift your weight onto your right foot. While keeping your back straight, bend forward and raise your left leg behind you. Keep the leg straight or with a slight bend. As you pivot forward, keep your shoulders square and try touching your fingers to the floor. Lean further into your hands slowly, if it feels comfortable. Hold for 15 to 30 seconds before returning to standing. Repeat on opposite side.





Upward Dog: Lie face-down on a mat with legs straight, tops of your feet on the mat. Place hands on the mat, halfway up your ribcage. Inhale, press hands down, and slowly lift your upper body off the mat as you exhale. Draw shoulders back and press the tops of your feet into the mat. Slowly ease into the stretch. Your knees may lift off the mat. Upward Dog stretches your chest and abdominal muscles.

Tree Pose: Stand with feet together and palms in prayer position at the heart. Slowly raise one foot and rest it on the inside of the opposite calf or thigh. For an added challenge, raise arms above your head and stretch hands toward the ceiling. Hold for 10 to 20 seconds. Repeat with the other leg. Tree Pose is good for stretching your hips, knees and shoulders.



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The Turkey Can Stuff It

Thanksgivings at my house aren't exactly traditional, but they're blessedly stress (and bird) free. **By Helen Ellis**

"DON'T WORRY. THIS YEAR I HAVE A NEW RECIPE"

The last time I cooked a turkey for Thanksgiving, I brined it in our bathtub. *Brining* is fancy talk for letting something soak overnight, so that in the morning that something is juicier than gossip your divorced aunt tells you about your *twice*-divorced aunt after she's slung back two whiskey sours. It was 17 years ago, and I must have stored that bird-in-a-bag in our refrigerator, then popped it in the tub. There is a photo of my husband holding the wet sack like a monster mystery fish caught off the back of a deep-sea fishing boat.

But that brined turkey never cooked all the way through.

Hours after our 14 guests had eaten all the peanut butter celery sticks and spiced nuts, my best friend came to my rescue. She pulled that waterlogged carcass from my oven, carved it in the privacy of my kitchen, shoveled slices through the microwave, and—*voilà!*—plated it to be served.

This was not my only Thanksgiving disaster. One year, I slammed my finger in my bathroom door and passed out. And another year I choked on a crab cake appetizer, and to save myself, as my mother recalls, "You reached your entire hand down your throat like you were birthing a calf."

Thanksgivings in other people's homes haven't fared much better. I've felt like a *Fear Factor* contestant when handed safety goggles and an apron and asked to help deep-fry a turkey in a trash can. And then there was that boneless bird inside a bird inside a bird, sliced like a three-layer cake. Why *The Turducken* is not a horror movie, I do not know.

See, there's a pageantry and performance to Thanksgiving that's worse than any Halloween hazing. *But,* you say, *getting up before dawn to get a turkey going is tradition!* Well, so is being blindfolded and dunking my head in a bucket of water and apples, but I don't want to do that anymore, either. *But,* you say, *our mothers and grandmothers and great-grandmothers did it!* Well, if Meemaw decided to jump off a cliff into the world's largest pumpkin pie, would you? Peer pressure is for the birds. Jive Turkeys, is more like it.

So I quit.

The turkey, not Thanksgiving.

Many times we've ordered the never-fail Honey Baked Ham. It comes in a box, cooked and sliced. Half an hour before supper, slide it out of your fridge and it's a room-temperature Thanksgiving miracle. One year, I made rack of lamb. The butcher trims it to look like a Michelin star, and after 40 minutes at 450°, you'll want to wear it like a tiara. Last year I made pork tenderloin. Roll it in herbes de Provence (fancy talk for a McCormick's shaker of everything from over the kitchen sink *and* lavender), cook it for 25 minutes, and your guests will squeal.

One year, Thanksgiving was all sides. Green bean casserole with French's Crispy Fried Onions ("Made with real onions") on top. Sweet potatoes with marshmallows on top. Mashed potatoes served with extra pats of butter on top. I'm a very big proponent of something-extra on-top. When I die, instead of roses, I'd like my coffin with rainbow sprinkles on top.

And the truth is: all anyone wants are the sides. The sides are the best part. The turkey acts as and *often tastes like* a coaster for the sides, all of which can be made the day before.

Thanksgiving is about spending time with people you love, not babysitting or beautifying or deadlifting a 15- to 20-pound bird. So if the turkey is too much for you, take it easy on yourself and don't make one. Or don't make a fancy one. Or let someone else Bring Your Own Bird. And know that *please* isn't the only magic word; so is *potluck*. A relaxed cook is a happy cook. And nothing is more memorable than a delicious meal that defies expectations.

HELEN ELLIS *is the author of the short story collection* Southern Lady Code. *She tweets every day @WhatIDoAllDay.*

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Should You Give Your Dog a Bone?

We dig up the truth. **By Rachel Stearns**

If your dog could talk, he'd say, "Heck, yeah!" Most dogs would happily chew on a bone for hours on end (unless they're the bury-it-in-the-backyard type). But ask your veterinarian and she'll tell you that animal bones are a no-go. "The risks are just too high," explains Deborah Linder, D.V.M., M.S., D.A.C.V.N., from the Tufts Institute for Human-Animal Interaction.

What's the harm in tossing your dog a drumstick to keep him busy during Thanksgiving dinner? The danger varies by the type of bone. Poultry bones are small and can splinter into even tinier pieces, which could cause a blockage or puncture in the mouth, throat or internal organs that can require surgery and may be fatal in some cases. Even larger, stronger bones like ham or rib-eyes may become brittle when cooked and cause the same issues, according to the American Kennel Club. But that doesn't mean that the raw versions are safer. They can harbor *E. coli* and *Salmonella,* which may lead to constipation, vomiting or diarrhea. Besides, extra bacteria hanging around your home is dangerous for the humans in your family too. Plus, the activity of gnawing on super-hard bones—thought to help keep a dog's mouth clean because it stimulates the production of saliva and scrapes off gunk—could actually break your dog's teeth. The potential for a painful and expensive dental fracture outweighs any possible oral hygiene benefits.

Some better alternatives:

If you're giving your dog a bone to clean his teeth, Linder says tooth brushing is a much better way to improve dental health, supplemented with chewing products (made to scrape off crud between brushes) that are accepted by the Veterinary Oral Health Council.

If you want to keep your pup occupied during the main meal, she recommends an interactive toy: "Giving your pet a food-dispensing ball or puzzle game in another room helps them enjoy their food but also can be a great distraction." Plus, keeping him away from the table helps guests resist the temptation of those big brown eyes, so your dog's calories stay in check too. (Remember that no more than 10% of his daily caloric intake should come from treats, including table scraps.)

If your dog is an avid chewer, opt for a man-made bone. A good rule of thumb when picking one out: If you can make an indentation in it with your fingernail, it's safe. (Otherwise it may be too hard.) Or look for brands that conduct safety studies on their products. You may have to do some digging on the brand's website or call the company to find this out.

CLARKANDCOMPANY/GETTY IMAGES

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SCIENCE & NUTRITION NEWS TO USE

GOOD HEALTH

Head banging and Hatha go hand in hand at Power Spell Yoga in Nashville, Tennessee, where the music and vibe are aimed at the heavy-metal set.

LEAH OVERSTREET

Rock *Om*

COME FOR THE HEAVY METAL, STAY FOR THE SAVASANA. CHECK OUT SOME OF THE OUTSIDE-THE-BOX YOGA CLASSES PROVING THAT THERE'S A STYLE FOR EVERYONE *(page 51)*.

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3 Fresh Takes on Yoga

No longer reserved for ultra-bendy juice-bar aficionados, nontraditional yoga classes are cropping up everywhere. Pull up a mat! By Liz Talago

DO HEADSTANDS TO HEAVY METAL

Power Spell Yoga in Nashville is sidestepping the standard chanting-monk soundtrack, instead playing heavy metal in the back room of the Crying Wolf bar, picked for its hard-rock vibe. "There's a misconception that yogis should look and act the same, which can be a turnoff if you feel like you don't fit in," says founder Meghan D'Amico *(page 47, center)*. So this donation-based practice works to create an inclusive, welcoming space for the city's community of metalheads and punks (and anyone else who'd rather do sun salutations to The Sword). "Our goal is to bring people together to meditate and move—we just happen to also love metal!" *powerspell.weebly.com*
More to Try: Black Widow Yoga (Salem, MA); Stephanie Newkirk Yoga (Portland, OR).

FIND POSES THAT FIT EVERY BODY

Michael Hayes—a "person of size," as he proudly calls himself—created Buddha Body Yoga in New York City to push back on the idea that yoga is just for the svelte. Teachers are trained to give pose adaptations so that larger people are able to successfully and safely practice. In addition to the typical blocks, bolsters and straps, classes also include props to facilitate alignment and provide extra support that you might not find at every studio—like ballet barres, chairs and yoga ropes that clip into the wall. *buddhabodyyoganyc.com*
More to Try: Body Positive Yoga (online); Jessamyn Stanley (various locations).

GET DOWN WITH (ACTUAL) DOGS

Kaitlin Mueller, founder of OmKai Yoga in Fort Collins, Colorado, discovered there's no better way to create a joyful experience than to tap into puppy power. "It's hard not to smile and laugh during the class when you have puppies running around," she says. Not only is it fun for you, it's also good for the dogs. The pups—all adoptable through Bounce Animal Rescue—get to enjoy some socialization while they roam among the mats. Did we mention: the class takes place at Maxline Brewing, so you can bask in that post-yoga glow with a pint and some extra puppy playtime. (Mueller also runs kitten yoga classes to benefit the Fort Collins Cat Rescue.) *omkaiyoga.com*
More to Try: Water and Rock Studio (various locations); Caya (Wantagh, NY).

YOGA RX

The combo of strengthening and stretching key muscles—all over, yes, but especially in your core, glutes and hip flexors—may help ease a bad back. Following 8 weeks of a twice-a-week yoga practice, participants saw a clinically significant 2-point decrease in their pain ratings.

SOURCE: ARCHIVES OF PHYSICAL MEDICINE AND REHABILITATION

ALEKSANDRA JANKOVIC/STOCKSY

Tea Up

Not only does this sip fend off the chill of fall, it also comes with heaping spoonfuls of health perks. **By Julia Westbrook**

BETTER BLOOD FLOW

Tea is rich in compounds called flavonols, which have been shown to improve blood vessel function and reduce inflammation. According to Chinese researchers, people who reported regularly drinking 3 cups of tea (green or black) a day had a 20% lower risk of stroke than those who didn't. And another study, published in the journal *Heart*, found that daily tea drinkers had a 10% lower risk for a major coronary event (like a heart attack).

MORE "AHA!" MOMENTS

Participants who enjoyed black tea before performing tasks to measure creativity came up with responses that were judged to be more inventive than those of people who drank water, a recent study published in the journal *Food Quality and Preference* found. The benefit may have to do with our perception that tea-drinkers are smart and innovative—so when you enjoy a cuppa yourself, you subconsciously embody those characteristics.

CANCER PREVENTION

A 2019 review published in the journal *Medicine* showed a 17% reduced risk of developing breast cancer among habitual tea sippers (particularly green tea). Though the researchers say more study is needed, they suspect that tea's antioxidants, which help defend against DNA damage, may be the source of the protective effect. And other scientists have found that the powerful green tea compound EGCG may help prevent esophageal cancer.

→ STEEP SOME MORE Find more ways to brew beyond your basic cup at *eatingwell.com/tearecipes*

JOHNNY FAGE/OFFSET

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Happy Gut, Happy You

Scientists have recently discovered a link between the trillions of bacteria that populate your intestines and mental health. Here's what to know—and what to eat to feed those bugs—to boost your mood.

By Gretel H. Kueneman

Illustrations by Katrin Rodegast

At this very moment, your body is playing host to trillions of bacteria. You are, in fact, just as much microbe as you are human—carrying around roughly the same number of bacterial cells as human ones, with nearly all of the bacteria living in your gastrointestinal (GI) tract. This microbial menagerie is called, of course, the microbiome. You pick up the bacteria that colonize it early in life (through everything from traveling through the birth canal and being breastfed to not following the five-second rule) and by about age 5 it has fully populated itself. And you've probably heard that a diverse mix of the right bacteria results in good overall health. Researchers have found connections between gut microbes and conditions ranging from allergies and heart disease to obesity and type 2 diabetes. More recently, however, scientists have identified some fascinating links between the gut microbiome and *mental* well-being.

Mood-Altering Microbes

We already know that feeling anxious affects our bellies. It makes us run to the bathroom, makes us queasy and generally makes our insides do flips like an Olympic gymnast. In fact, the gut has its own nervous system—the enteric nervous system—and it contains as many nerve cells as the spinal cord. This nervous system of the GI tract is directly connected to the brain through the vagus nerve, which acts as a sort of information superhighway. "The vagus nerve connects the two biggest systems of our body," says Emeran A. Mayer, M.D., Ph.D., executive director of the G Oppenheimer Center for Neurobiology of Stress and Resilience at UCLA, and one of the pioneers of gut-brain research. "When you feel stressed, that's your mental state affecting your gut. The stress hormones your body secretes impact the microbes and change the way they function."

While it may seem intuitive that anxiety and depression can influence the gut, the surprising thing is that the reverse is also true: the bugs in our intestinal tract also affect our mood. It turns out that our gut bacteria—including strains you may have seen on your yogurt container or supplement label, like *Lactobacillus acidophilus*—secrete and modulate a huge number of compounds that send signals to the brain. In other words, that superhighway runs in both directions.

Most of the neurotransmitters that regulate our mood—including 50% of the dopamine and 95% of the serotonin in our bodies—are produced by microbes in the intestine, where they also influence appetite and feelings of fullness and digestion. Mayer says that the GI tract and brain are so intimately connected that they should actually be viewed as one system: "The gut has been called your second brain."

There's evidence, for example, that people who suffer from GI disorders, like irritable bowel syndrome, also have higher rates of depression or anxiety. And researchers have noticed that certain species of bacteria (ones that seem to be able to make us melancholy) are more likely to be found in the guts of depressed patients, while those linked to better mood are lacking. In one study, formerly carefree rodents inoculated with bacteria from depressed people developed signs of the condition. And recent research published in the journal *Nature Microbiology* that looked at 2,100 adults with and without depression found that two specific types of gut bacteria (*Coprococcus* and *Dialister*) were depleted in people with the disorder, even after controlling for the effects of antidepressants. However, participants with high levels of *Coprococcus* and another bacteria called *Faecalibacterium* reported greater feelings of happiness. It's not yet known whether the specific type and balance of bugs are *causing* the depression or if people with the condition just have a different composition of microbes, but there is a clear link

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between the gut and mental health.

Also clear: this connection impacts us all. A growing body of research suggests that a well-balanced microbiome can improve mood even if you don't have a clinical case of depression or anxiety—helping to ease everyday stresses and keep the blues at bay. One study of healthy adults published in the journal *Brain, Behavior, and Immunity* found that a positive shift in gut bacteria populations resulted in significantly fewer reports of sad mood and negative thoughts.

Researchers are continuing to tease out the good and bad guys of the microbe world. (There's a lot more to learn; in 2019 alone, scientists discovered more than 100 new species of gut bacteria.) But there is a consensus that what you eat has a major role in determining the diversity and health of your gut bacteria.

The two main players are probiotics and prebiotics: Probiotic foods help populate your microbiome with beneficial bacteria, while prebiotics feed the good bugs you already have in your gut. Together, they give you a healthier overall balance of microbes. And—equally important—they help crowd out the ones you don't want, so getting a regular dose of both is key to a happy microbiome. Research shows that changes in your diet can produce shifts in gut bacteria within just 24 hours. You need to maintain those eating habits, however, for the shift to last.

The Pros of Probiotics

So what, exactly, does a gut-friendly diet look like? Many fermented foods, such as sauerkraut, yogurt, kombucha and kimchi, naturally contain probiotics. Look for terms like "live and active cultures" or "unpasteurized" on food labels to ensure the product has live bacteria—not all do. *(See "Good-Mood Foods," at right.)* Members of the *Lactobacillus* and *Bifidobacterium* groups—commonly found in yogurt and kefir—produce GABA, a neurotransmitter that research has shown can reduce anxiety. (The most common anti-anxiety drugs, like Valium and Xanax, work by targeting receptors that increase GABA levels.)

In one study, Mayer and his colleagues at UCLA gave healthy women yogurt twice a day for a month, then conducted brain scans as the women were shown pictures of actors with frightened or angry facial expressions. Normally, such images would trigger increased activity in emotion-processing areas of the brain linked to a state of heightened alert. (Back when we lived in caves, this fight-or-flight response was advantageous for escaping mastodons or wolves. Today it just makes us feel on edge.) But the women on the yogurt diet exhibited a calmer response. In another study, men who consumed probiotics for a month reported feeling less stress than when they were given a placebo. They also had lower levels of the stress hormone cortisol.

Neuroscientist John Cryan, Ph.D., chair of the department of anatomy and neuroscience at University College Cork in Ireland, and his team have produced some of the best-known work linking gut microbes and mental health. In a series of stress tests with mice, they found that a broth infused with *Lactobacillus rhamnosus* had the same effect as Prozac in creating relaxed animals. Cryan hopes that one day research like this will lead to what he calls psychobiotics—drugs made from live bacteria that can improve mental health.

You can also buy supplements, as well as all kinds of foods—cereals, fruit juices, sausage, even pet food—that tout being fortified with probiotics. But because probiotics are categorized by the Food and Drug Administration as supplements (so they're not regulated like drugs), there's no assurance of the effectiveness, safety or quality of a product, which means what you see may not be what you get.

A study led by researchers at the University of California, Davis, for example, evaluated 16 probiotic products and found that only one matched its label claims. Nine samples contained a strain not listed on the label, 12 were missing strains they claimed to have, and four had unidentified species. Also worth noting: there's no way to know whether the strains a product does have are ones that you are lacking—and need—or if they'll be effective for the

Continued on page 59

Good-Mood Foods

PROBIOTICS *(fermented foods that may have beneficial bacteria that help populate your gut)*	**PREBIOTICS** *(foods that feed the good bugs you already have)*
Aged & raw cheese	Artichokes
Kefir	Asparagus
Kimchi	Beans
Kombucha	Broccoli stalks
Miso	Carrots
Olives	Celery
Pickles (non-vinegar)	Chicory root
Sauerkraut	Jerusalem artichokes
Tempeh	Leeks
Yogurt	Onions
	Raspberries

Continued from page 56

condition you're taking them for. So even if a product's label is spot-on, it still may not do you a whole lot of good.

What's more, scientists at the University of Copenhagen published a 2017 review of seven randomized, placebo-controlled trials (the most rigorous type of research) to see whether probiotics, including capsules and fortified foods, changed the diversity of people's bacteria. Only one study found a statistically significant shift. Stanford microbiologist Erica Sonnenburg, Ph.D., who co-wrote *The Good Gut* with her fellow microbiologist husband, Justin, notes that there are very few well-researched bacterial strains approved for sale. Plus, our GI tract is host to hundreds of bacterial species and thousands of strains; just 20 or so strains are available in supplements. The most common include strains of *Lactobacillus* and *Bifidobacterium*—in part because those are also the most studied and have shown a link to reduced incidence of anxiety, depression and other mood disorders. And they are mostly the ones you'd find in yogurt and kefir. The Sonnenburgs prefer to dose themselves with fermented foods rather than a pill.

Feeding Your Flora

Your gut bugs, like all creatures, need to eat to survive. And what the good guys crave most are prebiotics—a variety of fibers, namely oligosaccharides and cellulose. Mayer notes that prebiotics may be even *more* important than probiotics for microbiome health. You'll find them in everything from asparagus to yams. But the best sources of oligosaccharides are Jerusalem artichokes, chicory root (which is often ground and made into a coffee substitute), leeks, onions, raspberries, artichokes, beans and asparagus. Cellulose-rich foods include celery, broccoli stalks and unpeeled carrots.

The Sonnenburgs suggest aiming for at least 33 to 39 grams of dietary fiber a day though foods like these. (The standard recommendation is around 28 grams.) In fact, there's evidence that people benefit more from probiotics if they get them in conjunction with prebiotics, although experts aren't sure exactly why.

Prebiotics are also available as supplements. A study published in the journal *Psychopharmacology* found that people who took a supplement containing 5.5 grams of the prebiotic galacto-oligosaccharide had lower levels of the stress hormone cortisol—and psychological tests showed that they focused more on positive information and less on the negative stuff. The results were similar to the effects of antidepressant or anti-anxiety medications. Another study on mice using the same prebiotic found that it increased amounts of *Bifidobacteria* and *Lactobacilli*, which, in turn, upped levels of several neurotransmitters that decrease anxiety.

It's also important to minimize your intake of foods that are known to have a negative impact on good gut bacteria. Added sugar (namely fructose and glucose) halts the production of proteins that foster the growth of those bugs, according to recent research. And a 2017 British study found that men who ate 67-plus grams of added sugar a day were more likely to develop anxiety or depression compared to those who ate less than 40 grams a day (still a lot!). A diet high in salt may cause changes in your microbiome, as well. In mice, it decreased levels of microbes that provide anti-inflammatory protection and have been linked to reduced anxiety and depression.

No one is suggesting that anyone throw out their antidepressants just yet. But pairing them with probiotics and prebiotics can't hurt. "And focus on a plant-based diet that is as diverse as possible," says Mayer. So mix it up: get your fix of fiber-rich beans, fermented pickles, low-sugar yogurt and loads of bug-friendly veggies and fruits. The wider the variety of healthy foods you eat, the greater the diversity of bacteria you'll have. And that could mean a happier microbiome—and a happier you.

Beyond Mood

Changes in the microbiome—courtesy of the superhighway of chemicals that runs between the gut and brain—appear to also play a role in a variety of neurological diseases. The research is preliminary, but offers hints that influencing the community of microbes in the gut could improve the following conditions.

1 Autism This condition is mainly a disorder of the brain that affects social behavior and communication, but research suggests that many with the condition also suffer from gastrointestinal problems, such as inflammatory bowel disease. The gut microbes of children with autism typically have fewer kinds of intestinal bacteria than those without the condition. A 2019 study from Baylor College of Medicine found that introducing *Lactobacillus reuteri* into mice with autistic symptoms—such as repetitive behavior and an unwillingness to communicate and socialize (for mice that would be ultrasonic squeaking)—made those symptoms disappear. Interestingly, *L. reuteri* produces the hormone oxytocin, which plays a part in how mammals form social bonds and promotes social interactions.

The Baylor researchers also discovered that the offspring of mouse mothers that were fed a high-fat diet during pregnancy exhibited autistic characteristics. The baby mice were found to have no *L. reuteri* populations in their guts, but giving them supplements reversed their symptoms. Another study found similar effects—though not as profound—with *Bacteroides fragilis* administration. The researchers realize that mice studies are no guarantee that the same will hold true for humans, but note that it's nonetheless a promising way of affecting the brain through the gut.

2 Parkinson's Disease Most patients with this neurodegenerative disorder experience constipation, nausea and other GI troubles. And these symptoms may occur years before the onset of motor (movement) issues and before a diagnosis. Some research suggests that the disease may start in the gut, with motor symptoms being a late development. When California Institute of Technology researchers essentially sterilized the intestines of mice with Parkinson's to make them microbe-free, motor symptoms eased. And after repopulating the rodents' microbiomes with gut bacteria from human Parkinson's patients, symptoms returned.

The lead researcher, microbiologist Sarkis Mazmanian, Ph.D., notes that for many neurological conditions, the conventional treatment approach is to get a drug into the brain. "However, if Parkinson's disease is not solely caused by changes in the brain, but instead by changes in the microbiome, then you may just have to get drugs into the gut to help patients, which is much easier to do," he says. "This new concept may lead to safer therapies with fewer side effects." In fact, Mazmanian has identified a single strain of gut bacteria that triggers symptoms of Parkinson's in mice. He recently started a company that's testing a compound to block the effects of this microbe.

3 Alzheimer's Disease Mounting research (also in mice) suggests microbiome composition may also influence the onset of Alzheimer's. An international team of researchers, for example, looked at both healthy and diseased rodents and found that those with Alzheimer's had a different composition of gut bacteria. And when bacteria-free mice were colonized with microbes from rodents with Alzheimer's, they began developing beta-amyloid brain plaques—a hallmark of the disease. The reverse also held true: bacteria-free mice populated with gut bacteria from healthy rodents showed significantly fewer brain plaques. Researchers are now looking at ways of using intestinal flora to prevent Alzheimer's and alleviate symptoms in those who already have it.

→ **Eat for Your Gut** Get recipes for a healthy microbiome at *eatingwell.com/healthygut*

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A Side of Convenience

WE'RE ALL FOR HAVING A STASH OF FLAVORFUL VEGETABLES in our freezer for an emergency go-with-anything side. When it comes to veggies, eating more is a good thing, so don't stress too much about checking the nutrition numbers. But keep in mind, seasoned ones tend to have more sodium and sugar than they would if you spiced them up yourself. We found these favorites that keep things in check.

Birds Eye Steamfresh Flavor Full Steakhouse Green Beans
Reminiscent of dilly beans, this pick combines garlic with myriad herbs for restaurant-worthy taste.

Birds Eye Steamfresh Flavor Full Sea Salt & Cracked Pepper Brussels Sprouts
The strong black pepper flavor on these quick-cooking Brussels is complemented by the extra-virgin olive oil and lemon juice.

Birds Eye Steamfresh Chef's Favorites Lightly Seasoned Garlic Baby Peas & Mushrooms
Frozen peas are a staple for adding to mac and cheese, but this version, dressed up with garlic and combined with mushrooms, is delicious all on its own.

Birds Eye OvenRoasters Sheet Pan Vegetables Broccoli & Cauliflower
No more mushy veggies! Just dump this bag of florets spiced with salt, pepper and herbs on a sheet pan and roast for crisp-tender vegetables in half the time.

Green Giant Simply Steam Cauliflower & Cheese Sauce
The sauce on these veggies tastes exactly like you think it would: cheesy, salty and oh-so creamy.

Green Giant Simply Steam Baby Vegetable Medley Lightly Sauced
Each vegetable—sugar snap peas, cauliflower and baby carrots—is coated with just enough buttery sauce for a satisfying side.

Trader Joe's Mexican Style Roasted Corn with Cotija Cheese
All of the lime and cheese goodness of Mexican street corn without the cob. This blend has both sour cream and mayonnaise for ultra-creamy results.

Trader Joe's Fire Roasted Vegetables with Balsamic Butter Sauce
In addition to balsamic and butter, the bell peppers, mushrooms, cherry tomatoes, carrots, green beans and onions get a hit of umami from soy sauce.

Trader Ming's Asian Vegetables with Beijing Style Soy Sauce
This blend of snap peas, broccoli, baby corn, green beans, water chestnuts, red bell peppers, carrots and mushrooms from Trader Joe's is smothered in sweet hoisin sauce.

Hover your phone's camera over this code to learn about the nutrition of frozen vs. fresh veg.

MAREN CARUSO; STYLING: ALICIA DEAL (FOOD); PRODUCER: JENNIFER THOMAS PRODUCTIONS

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YOUR GUIDE TO PRODUCTS, PROMOTIONS & SPECIAL EVENTS

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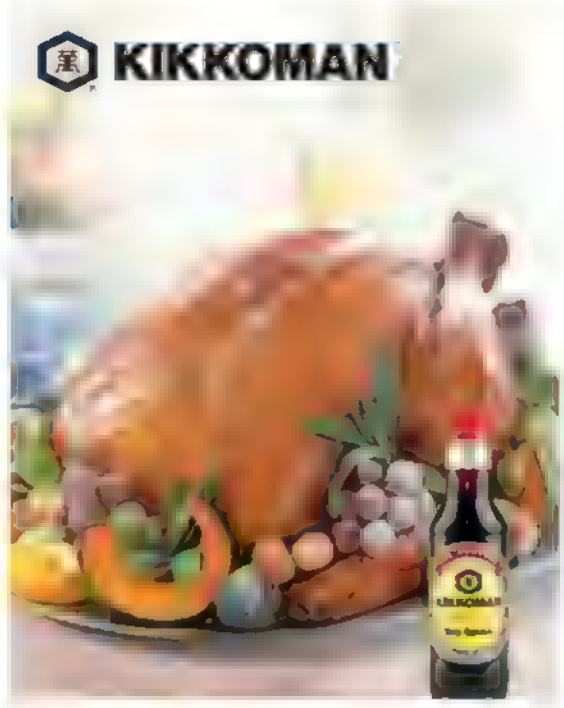

BRINE A JUICIER BIRD

Juicy Brined Turkey

Yield: Makes 16 to 24 servings

16-24 pound turkey
2 gallons cold water
10 ounces **Kikkoman® Soy Sauce***
½ cup kosher salt
½ cup sugar
2 tablespoons dried sage
2 tablespoons dried celery seed
1 tablespoon dried thyme
*May substitute Gluten-Free Tamari Soy Sauce

1. Remove giblets and turkey neck; rinse turkey inside and out.
2. In a large stock pot or 5-gallon container, mix water with remaining brining ingredients. Stir well until all salt dissolves.
3. Place turkey in the pot, cover with a lid and marinate in the refrigerator for at least 8 hours or overnight.
4. Remove turkey from brine, rinsing well. Follow your regular cooking instructions.

KikkomanUSA.com/brine

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White whole-wheat boosts the fiber in these English muffins.
Try baking quick breads in mini Bundt pans.

MAREN CARUSO; STYLING: ALICIA DEAL (FOOD); PRODUCER: JENNIFER THOMAS PRODUCTIONS

Oven Lovin'

IF YOU'VE GOT A BAKING MIX IN YOUR PANTRY, you can start your morning with a fresh-baked muffin, quick bread or popover without much more effort than brewing coffee. With some smart shopping, you'll find brands that keep sugar to a minimum and feature ingredients like whole grains for fiber. Make them your own by mixing a few healthy extras into the batter—chopped nuts, flaxseed or dried fruit, anyone? Here are breakfast baking mixes worth waking up for.

OUR EDITORS' TOP PICKS

BEST MUFFIN

Kodiak Cakes Double Dark Chocolate

185 cal / 8 g protein / 2 g fiber 12 g sugars / 215 mg sodium per muffin

The box considers two muffins a serving, but we're happy with just one to start our day with something chocolaty that delivers as much protein as an egg!

BEST BISCUIT BAKING MIX

Hodgson Mill Whole-Wheat Insta-Bake Mix

110 cal / 3 g protein / 2 g fiber 2 g sugars / 193 mg sodium

This multitasking mix gives you tender biscuits, pancakes, waffles and even cookies, in about 20 minutes. It's add-in friendly, too: try cheese and herbs or dried cranberries and orange zest.

BEST SAVORY BREAD

King Arthur Flour White Whole Wheat English Muffin Mix

200 cal / 6 g protein / 3 g fiber 4 g sugars / 400 mg sodium

These crisp-edged beauties cook up in a skillet. Though you'll need to budget 90 minutes for the dough to rise, it's worth it: the flavors and textures leave the packaged ones far behind.

BEST GLUTEN-FREE

Simple Mills Banana Muffin & Bread Almond Flour Mix

120 cal / 6 g protein / 2 g fiber 11 g sugars / 190 mg sodium

They had us at the short ingredients list (just seven). Plus the almond flour, dried banana and coconut sugar give this mix a wonderfully tender crumb and homemade flavor.

BEST QUICK BREAD

Hodgson Mill Whole-Wheat Gingerbread Baking Mix

205 cal / 6 g protein / 2 g fiber 13 g sugars / 341 mg sodium

The aromas filling the kitchen will make it feel like the holidays, but this not-too-sweet bread is loaded with good stuff like whole wheat, flaxseeds and chia seeds.

BEST POPOVER

Stonewall Kitchen Traditional Popover Mix

156 cal / 6 g protein / 0 g fiber 1 g sugars / 148 mg sodium

Puffy, golden popovers that bake in a flash! Stir a tablespoon or two of ground flaxseeds into the batter for a boost of fiber and healthy fats.

Nutrition information is calculated for items as prepared according to package directions.

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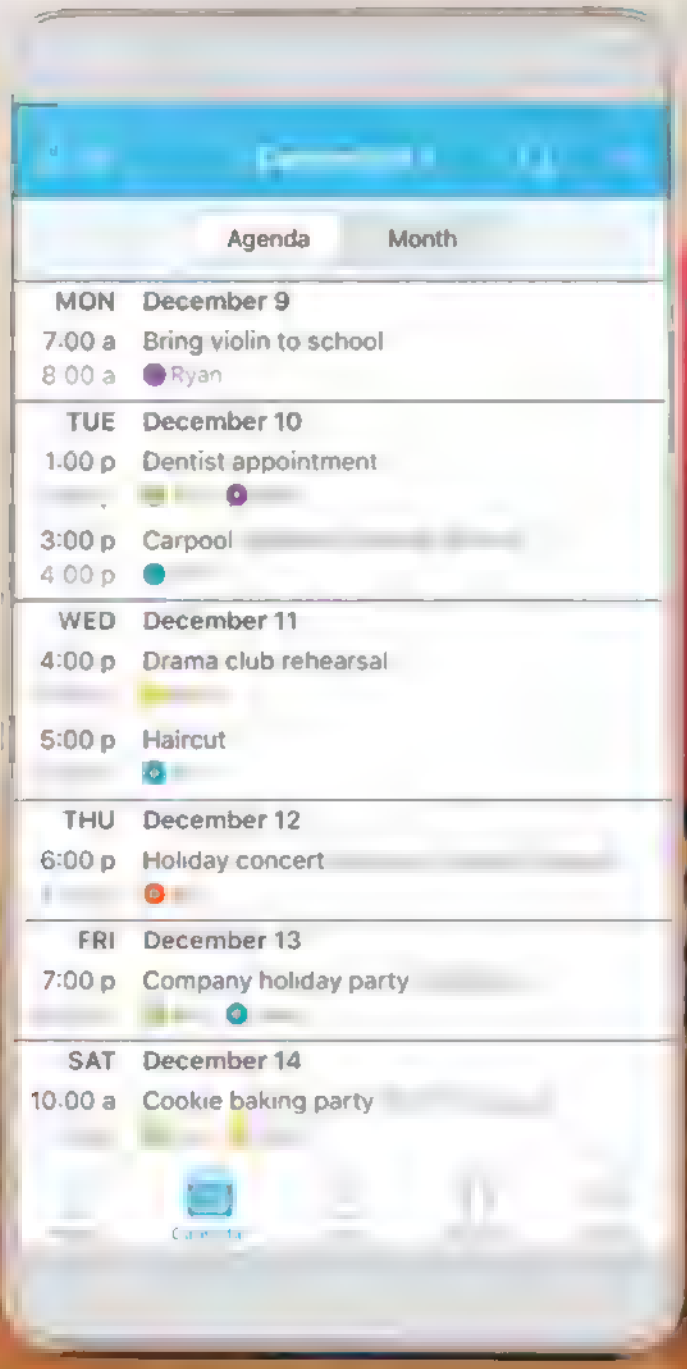

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Balsamic vinegar + Brown sugar + Ground pepper
Almond butter + Orange marmalade
Arugula + Bacon
Ricotta + Lemon zest + Chopped pistachios
Extra-sharp Cheddar cheese
Berry vinaigrette + Walnuts
Whipped cream cheese + Sweet pickle relish
Prosciutto + Grainy mustard
Yogurt + Honey + Cinnamon

9 THINGS TO

Pair with an Apple

It's peak season for one of nature's most snackable, portable fruits. The sweet-tartness of apples and their juicy-crisp texture go with just about anything, so explore the flavor map with these easy matchups.

MAREN CARUSO; STYLING: ALICIA DEAL (FOOD); PRODUCER: JENNIFER THOMAS PRODUCTIONS

• **ALL ABOUT APPLES** Find out which are best for eating, baking & cooking at eatingwell.com/bestapples

Chef knows Turkey

RECIPES
HUGH ACHESON

LOCATION PHOTOGRAPHY
ANDREW THOMAS LEE

RECIPE PHOTOGRAPHY
ERIC WOLFINGER

...AND Leftovers!

For all things turkey this year, we turned to *Top Chef* alum Hugh Acheson. Sure, he cooks up intricate dishes at his Georgia restaurants, but he also knows that simple is often best. Here he applies that mantra to recipes for turkey, gravy and leftovers too.

A bit of gravy on top of the mayo adds an extra pop of flavor.

The Ultimate Turkey Sandwich, *p.74*

Hugh's Day-After Turkey Gumbo
p.74

For The Win

Buy Local Head to the farmers' market a few weeks before Thanksgiving to order a bird. Not only will you be supporting your local food economy, you'll likely get one that was raised without antibiotics and allowed to roam the farm. You may even be able to find a heritage breed like a Bourbon Red or Narragansett.

FOR The Win!

Roast your turkey with the legs pointing to the back of the oven where it's hotter so it'll cook more evenly.

Roast Turkey with Giblet Gravy
p.74

HUGH'S Guide TO TURKEY CARVING

You'll need a large cutting board, fork and carving or chef's knife. 1 Stabilize the bird with a large fork and slice down into the breast along one side of the breastbone until the knife meets resistance. 2 Cut horizontally into the turkey near the base of the breast and remove the entire piece of breast meat. 3 Repeat on the other side. 4 Cut off each leg through the joint that attaches the thigh to the bird. 5 Cut the thighs apart from the drumsticks. Place the drumsticks on a serving platter. 6 Place the breast meat skin-side up on the cutting board and cut against the grain into thin slices; arrange on the platter. 7 Place the thighs on the cutting board and cut the meat from the bones. Remove the tendons as you go. Add the thigh meat to the platter.

Roast Turkey with Giblet Gravy

ACTIVE: 40 min **TOTAL:** 1½ days (including salting time)

Instant flour (aka Wondra) has been steam-treated then dried. You can use it straight from its package to thicken gravy without making a slurry, as you would have to with flour, in order to get lump-free results every time. (Photo: page 73.)

- **1 12- to 14-pound turkey, thawed if frozen**
- **1½ tablespoons kosher salt**
- **2 tablespoons grapeseed oil**
- **8 cups water, plus more as needed**
- **2 stalks celery, chopped**
- **1 medium onion, chopped**
- **1 large carrot, chopped**
- **2 bay leaves**
- **1 sprig fresh thyme**
- **¼ cup instant flour, such as Wondra**

1. Remove giblets and neck from turkey cavity; set aside in the refrigerator for Step 4. (Discard liver or freeze for another use.) Place the turkey in a large roasting pan and pat dry with paper towels. Rub salt all over the turkey, including inside the cavity. Refrigerate, breast-side up and uncovered, for 24 hours.

2. Position rack in lower third of oven; preheat to 500°F.

3. Set a rack in the pan and place the turkey on it, breast-side up. Brush the turkey with oil. Transfer to the oven and reduce the temperature to 325°F. Roast the turkey until an instant-read thermometer inserted into the thickest part of the breast and the innermost part of the thigh registers 165°F, 2 to 2½ hours.

4. Meanwhile, combine water, celery, onion, carrot, bay leaves and thyme with the reserved giblets and neck in a large saucepan. Bring to a simmer over medium heat. Reduce heat to maintain a bare simmer and cook, uncovered and skimming occasionally, until the stock is well flavored, about 2 hours. Remove from heat and pour the stock through a sieve into a large measuring cup. (Discard the solids.) If necessary, add enough water to make 3 cups.

5. Transfer the turkey to a large cutting board and tent loosely with foil. To prepare gravy, carefully pour the drippings from the roasting pan into a fat separator, leaving about 2 tablespoons of drippings in the pan. Set the pan over 2 burners on medium heat. Add 1 cup of the stock and cook, scraping up any browned bits with a wooden spoon, until the liquid is slightly reduced, about 1 minute. Add flour and cook, stirring constantly, until thickened, about 2 minutes. Add the remaining 2 cups stock and the defatted drippings; cook, stirring occasionally, until the gravy is thick and smooth, about 5 minutes. Strain the gravy through a fine-mesh sieve.

6. Carve the turkey and serve with the gravy.

SERVES 12 (plus leftovers): 3 oz. turkey & 2 Tbsp. gravy each

CAL 168 / **FAT** 6G (SAT 2G) / **CHOL** 90MG / **CARBS** 1G **TOTAL SUGARS** 0G (ADDED 0G) / **PROTEIN** 25G **FIBER** 0G / **SODIUM** 465MG / **POTASSIUM** 225MG.

Hugh's Day-After Turkey Gumbo

ACTIVE: 50 min **TOTAL:** 1¼ hrs

TO MAKE AHEAD: Refrigerate for up to 3 days.

Hugh puts his unique spin on gumbo by mixing untraditional spices like allspice and coriander with must-have thyme and filé powder. Also called gumbo filé, it's the finely ground leaves of the sassafras tree; look for it in well-stocked supermarkets or online. Serve the gumbo over rice and don't forget to pass the hot sauce. (Photo: page 72.)

- **4 cups unsalted turkey *or* chicken stock**
- **⅛ teaspoon ground allspice**
- **⅛ teaspoon ground cinnamon**
- **⅛ teaspoon ground coriander**
- **⅛ teaspoon smoked paprika**
- **⅛ teaspoon cayenne pepper**
- **⅛ teaspoon ground pepper**
- **¼ cup canola oil**
- **¼ cup all-purpose flour**
- **Pinch of salt plus ¼ teaspoon, divided**
- **2 stalks celery, finely chopped**
- **1 medium sweet onion, finely chopped**
- **1 medium red bell pepper, finely chopped**
- **1 medium poblano pepper, finely chopped**
- **3 cloves garlic, minced**
- **1 15-ounce can no-salt-added diced tomatoes**
- **2 cups shredded cooked turkey**
- **8 ounces andouille sausage, chopped**
- **4 ounces okra, thinly sliced**
- **1 tablespoon chopped fresh thyme**
- **2 bay leaves**
- **1½ teaspoons filé powder**
- **½ teaspoon Worcestershire sauce**

1. Bring stock to a simmer in a large pot; keep warm. Combine allspice, cinnamon, coriander, paprika, cayenne and pepper in a small bowl.

2. Meanwhile, heat oil in a large cast-iron skillet over medium-high heat. Whisk in flour and season with a pinch of salt. Cook, stirring often with a wooden spoon, until the roux is very brown, 2 to 4 minutes. Add celery, onion, bell pepper and poblano; cook, stirring occasionally, for 3 minutes. Add garlic; cook, stirring, for 1 minute. Add the spice mixture; cook, stirring, for 1 minute.

3. Whisk the roux and vegetables into the hot broth until combined. Add tomatoes, turkey, sausage, okra, thyme, bay leaves, filé powder, Worcestershire and the remaining ¼ teaspoon salt. Bring to a simmer. Reduce heat to maintain a simmer, cover and cook, stirring occasionally, for 30 minutes.

SERVES 8: 1 cup each

CAL 232 / **FAT** 11G (SAT 2G) / **CHOL** 56MG **CARBS** 12G / **TOTAL SUGARS** 3G (ADDED 0G) **PROTEIN** 19G / **FIBER** 2G / **SODIUM** 359MG **POTASSIUM** 355MG.

Chef and food writer **HUGH ACHESON** has published several cookbooks; his most recent is *Sous Vide: Better Home Cooking.*

The Ultimate Turkey Sandwich

ACTIVE: 15 min **TOTAL:** 15 min

If you really want to do this sandwich up even more, Hugh suggests searing a slice of stuffing or bread pudding until it's nice and crispy and putting it between the turkey and avocado. (Photo: page 71.)

- **1 tablespoon mayonnaise**
- **1 teaspoon Dijon mustard**
- **1 teaspoon chopped fresh herbs, such as dill, parsley, rosemary *and/or* thyme**
- **½ teaspoon pure maple syrup**
- **2 slices crusty whole-wheat bread, toasted**
- **1 tablespoon cold turkey gravy**
- **1 slice smoked Gouda cheese**
- **¼ avocado, sliced**
- **3 ounces thinly sliced cooked turkey breast**
- **2 strips cooked bacon**
- **½ cup shredded iceberg lettuce**
- **1 teaspoon extra-virgin olive oil**
- **1 teaspoon distilled white vinegar**
- **⅛ teaspoon ground pepper**
- **1 tablespoon cranberry sauce**

Combine mayonnaise, mustard, herbs and maple syrup in a small bowl. Spread the mixture on 1 slice of bread. Spread gravy over the mayonnaise and top with cheese, avocado, turkey and bacon. Toss lettuce with oil, vinegar and pepper and arrange on top of the bacon. Spread cranberry sauce on the remaining slice of bread and place on top of the sandwich.

SERVES 2: ½ sandwich each

CAL 340 / **FAT** 19G (SAT 5G) / **CHOL** 54MG / **CARBS** 21G **TOTAL SUGARS** 7G (ADDED 5G) / **PROTEIN** 22G **FIBER** 4G / **SODIUM** 464MG / **POTASSIUM** 397MG.

FOR The Win

Go for a Dry Brine

No need to get out the kiddie pools or coolers this year. While wet brining yields tender turkey, a simple salting gives much better results. The salt permeates the meat for excellent flavor, while extracting liquid from the skin to make it extra-crispy.

LOCATION STYLING: TAMI HARDEMAN (FOOD), SAMANTHA SANFORD (PROPS); RECIPE STYLING: ABBY STOLFO

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It's Not Mayo, It's *Miracle Whip*

Add more flavor to your classic creamy potato gratin with the zip and tang of **Miracle Whip** this Thanksgiving.

Creamy Potato Gratin

PREP TIME: 17 MIN
COOK TIME: 1 HR 17 MIN
12 servings

- 1 garlic clove, halved
- Cooking spray
- 2 cups heavy cream
- 1/2 cup Miracle Whip Dressing
- 1 tsp. kosher salt
- 1/2 tsp. black pepper
- 1/2 cup finely shredded sharp cheddar cheese (about 2 oz.)
- 3 lb. russet potatoes, peeled
- 1/3 cup grated Parmesan cheese (about 1 1/2 oz.)
- 1 Tbsp. chopped fresh parsley (optional)

KITCHEN TIP

Faster Slicing

Cut prep time by slicing potatoes with a mandoline, v-slicer, or food processor's slicing attachment.

1. Preheat oven to 350°F. Rub the bottom and sides of a 13 x 9-inch glass baking dish with cut sides of garlic clove and coat it with cooking spray.
2. Whisk together cream, **Miracle Whip**, salt, and pepper in a medium bowl. Stir in cheddar.
3. Cut potatoes into 1/8-inch-thick slices. Arrange half of slices in prepared baking dish; pour over half of cream sauce. Arrange remaining half of slices in dish; pour remaining sauce over top. Cover dish tightly with foil; bake at 350°F for 1 hour or until potatoes are almost tender.
4. Uncover baking dish. Sprinkle gratin evenly with Parmesan cheese. Bake at 350°F until potatoes are tender, about 15 minutes. Broil for 2 minutes or until top is lightly browned.
5. Let stand 10 minutes and garnish with parsley.

Miracle Whip

Thanksgiving Toolkit

Is your kitchen geared up for Thanksgiving? Here are our favorite tools to make delicious sides, turn pan drippings into gravy and carve a mean bird. Plus essential recipes to put said tools to work.

RECIPES
BREANA LAI
PHOTOGRAPHY
JENNIFER CAUSEY
ILLUSTRATIONS
MELISSA GARDEN

Chorizo, Apple, Chestnut & Brussels Sprout Stuffing
p.82

Clementine, Date & Port Cranberry Relish
p.82

Green Beans with Rosemary-Garlic Vinaigrette & Fried Shallots
p.82

STAND Mixer

Get the loftiest egg whites for meringues and marshmallow fluff with a stand mixer. It's more powerful than a hand mixer and lets you walk away so you can multitask to finish your holiday meal. **Our choice:** KitchenAid Stand Mixer ($200 and up).

Spice-Roasted Carrots with Marshmallow Fluff & Toasted Coconut

ACTIVE: 15 min **TOTAL:** 50 min
TO MAKE AHEAD: Refrigerate marshmallow mixture (Step 3) for up to 1 week.
EQUIPMENT: Stand mixer

This dish may look like roasted carrots, but when you add the homemade marshmallow "fluff" it immediately goes in the direction of sweet potato casserole.

- 1½ teaspoons ground cumin
- ¾ teaspoon ground coriander
- ½ teaspoon ground cinnamon
- 1¼ teaspoons kosher salt plus a pinch, divided
- ½ teaspoon ground pepper
- 4 pounds medium carrots, peeled
- 3 tablespoons extra-virgin olive oil
- 2 large egg whites
- ½ cup sugar
- 2 tablespoons corn syrup
- ¼ teaspoon cream of tartar
- ¼ teaspoon vanilla extract
- 2 tablespoons toasted coconut chips
- 1 tablespoon chopped fresh parsley

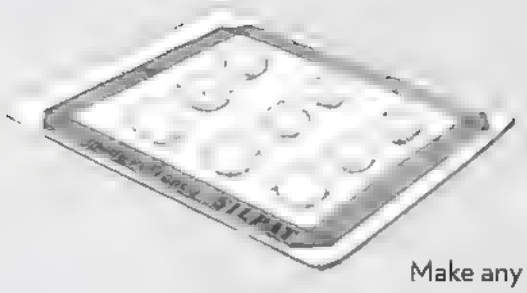
1. Preheat oven to 450°F.

2. Combine cumin, coriander, cinnamon, 1¼ teaspoons salt and pepper in a small bowl. Place carrots on a rimmed baking sheet and toss with oil and the spice mixture. Roast, stirring occasionally, until deep golden-brown, 30 to 40 minutes.

3. Meanwhile, bring 1 inch of water to a bare simmer in a medium saucepan. Whisk egg whites, sugar, corn syrup, cream of tartar and the remaining pinch of salt in the bowl of a stand mixer. Set the bowl over the barely simmering water and whisk until the sugar has dissolved, 2 to 3 minutes. Move the bowl to the stand mixer and beat on high with the whisk attachment until the mixture has doubled in size and is white and fluffy, about 3 minutes. Add vanilla and beat on high for 15 seconds.

4. Spread 1½ cups of the marshmallow topping on a serving platter (reserve the rest for another use). Top with the carrots, coconut and parsley.

SERVES 16: 2 carrots & 2 Tbsp. marshmallow topping each
CAL 110 / **FAT** 3G (SAT 1G) / **CHOL** 0MG / **CARBS** 20G
TOTAL SUGARS 14G (ADDED 8G) / **PROTEIN** 2G
FIBER 3G / **SODIUM** 245MG / **POTASSIUM** 380MG.



Silicone BAKING MAT

Make any baking pan nonstick by slipping a reusable silicone baking mat onto it. Use it for gooey jobs like making cheese crisps for this salad or baking a batch of cookies. **Our choice:** Silpat ($27). Otherwise use Reynolds pre-cut parchment paper sheets.

Three-Greens Caesar Salad with Crispy Parmesan

ACTIVE: 45 min **TOTAL:** 45 min
EQUIPMENT: Silicone mat or parchment paper

For a nutrient-packed twist, this Caesar features spinach and kale in addition to romaine. But it's the Parmesan crisps that make this salad holiday-worthy.

- **⅓ cup sliced red onion**
- **¾ cup grated Parmesan cheese, divided**
- **¼ cup extra-virgin olive oil**
- **1 large egg yolk**
- **2 tablespoons lemon juice**
- **1 clove garlic, peeled**
- **1½ teaspoons anchovy paste *or* 2 anchovy fillets, minced**
- **½ teaspoon Dijon mustard**
- **¼ teaspoon kosher salt**
- **¼ teaspoon ground pepper**
- **5 cups chopped romaine lettuce**
- **5 cups baby spinach**
- **4 cups chopped kale**

1. Preheat oven to 350°F. Line a large baking sheet with a silicone baking mat or parchment paper.

2. Place onion in a small bowl and cover with ice water. Set aside.

3. Spread ½ cup Parmesan into a 9-by-7-inch oval on the prepared pan. Bake until lightly browned and crisp, 10 to 14 minutes. Let cool on a wire rack.

4. Meanwhile, combine oil, egg yolk, lemon juice, garlic, anchovy, mustard, salt and pepper in a food processor (preferably a mini food processor). Process until creamy. Add the remaining ¼ cup Parmesan and pulse to combine.

5. Combine romaine, spinach, kale and the dressing in a large bowl and toss to coat. Transfer to a serving platter. Drain the onion and pat dry with paper towels. Break the Parmesan crisp into large pieces and scatter over the top of the salad along with the onion.

SERVES 8: 1½ cups each

CAL 117 / **FAT** 10G (SAT 2G) / **CHOL** 30MG / **CARBS** 4G / **TOTAL SUGARS** 1G (ADDED 0G) / **PROTEIN** 4G / **FIBER** 1G / **SODIUM** 281MG / **POTASSIUM** 176MG.

Celeriac, Potato & Gruyère Tart

ACTIVE: 35 min **TOTAL:** 1¼ hrs
EQUIPMENT: Parchment paper, mandoline

Serve this tart as an appetizer or cut a larger serving for a vegetarian main course. If you don't have a mandoline, use your sharpest knife to slice the potatoes and celeriac as thin as possible.

- **1 sheet frozen puff pastry, thawed**
- **All-purpose flour for rolling**
- **½ cup grated Gruyère cheese**
- **½ cup mascarpone cheese**
- **¼ cup grated Parmesan cheese**
- **1 tablespoon minced shallot**
- **1 teaspoon chopped fresh thyme, plus more for garnish**
- **1½ cups very thinly sliced baby potatoes**
- **¾ cup very thinly sliced peeled small celeriac (celery root)**
- **1 tablespoon extra-virgin olive oil**
- **⅛ teaspoon kosher salt**
- **⅛ teaspoon ground pepper**

1. Preheat oven to 375°F. Line a large rimmed baking sheet with parchment paper or a silicone baking mat.

2. Roll puff pastry on a lightly floured surface into a 12-by-10-inch rectangle. Transfer to the prepared pan.

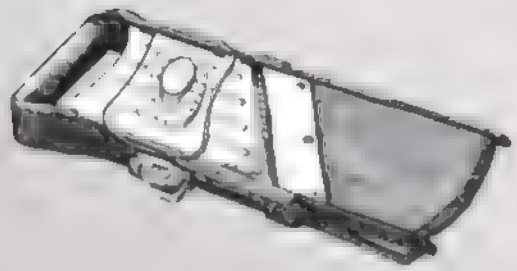
3. Combine Gruyère, mascarpone, Parmesan, shallot and thyme in a small bowl. Spread the mixture evenly over the pastry, leaving a ½-inch border. Using a sharp paring knife, lightly score the border. Toss potatoes and celeriac with oil in a large bowl. Arrange the vegetables, slightly overlapping, in a single layer over the cheese mixture. Sprinkle with salt and pepper.

4. Bake the tart until the crust is golden brown and the vegetables are tender, 40 to 45 minutes. Garnish with more thyme, if desired. Serve warm or at room temperature.

SERVES 16: 1 piece each
CAL 110 / **FAT** 10G (SAT 5G) / **CHOL** 22MG / **CARBS** 4G **TOTAL SUGARS** 0G (ADDED 0G) / **PROTEIN** 3G **FIBER** 0G / **SODIUM** 93MG / **POTASSIUM** 30MG.

MANDOLINE

For consistent, paper-thin slices of most fruits and vegetables, use a mandoline. Go for a simple style that's easy to adjust. **Our choice:** De Buyer Komi Vegetable Slicer ($40).



Tools for the Turkey

ROASTING PAN WITH RACK

Even a small turkey is a big bird for the oven, and you'll need a roasting pan that can hold it. Those made of heavy stainless-steel won't warp while heating or risk a bird-on-the-loose disaster like a flimsy disposable pan might. **Our choice:** All-Clad ($160 and up).

CUTTING BOARD WITH RESERVOIR

Two challenges when carving the turkey are to keep juices off the counter and the bird itself off the floor. **Our choice:** The Ultimate Maple Cutting Board by John Boos ($205) has a drawer to collect drippings and a grippy pattern carved onto the cutting surface to hold the turkey in place.

Hold your phone's camera over this smart code to shop for any of these tools

INSTANT-READ THERMOMETER

One could argue the success of Thanksgiving dinner rests squarely on an instant-read thermometer, which tells you when your turkey is done (and safe to eat). **Our choice:** Pros like Hugh Acheson *(see page 70)* like the hyper-precise Thermapen ($85 and up), but a $10 model will do the job.

FAT SEPARATOR

You'll want to defat drippings before you use them so your gravy isn't greasy. This tool lets fat rise to the top, leaving the defatted liquid to pour out a spout at the base. **Our choice:** OXO's ($15) has a strainer for debris and a plug so liquids and fats don't mix in the spout.

KITCHEN TIMER

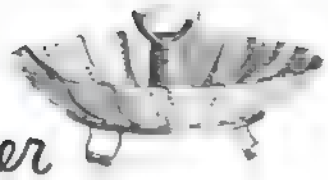
Multitasking is the name of the game when you prep for T-Day. You'll want a timer that can keep tabs with several displays and is easy to set. **Our choice:** OXO Good Grips Triple Timer ($20).

CHEF'S KNIFE

A great knife—sharp, well-balanced and ergonomic—will speed up holiday prep and be a pleasure to work with. With care, stainless- and carbon-steel knives can become lifelong kitchen companions. **Our choice:** Shun Classic Chef's Knife ($70 and up).

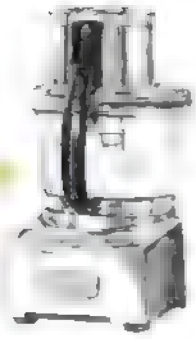
CASSEROLE Dish

Keep the sides (they're the best part, right?) warm and toasty by taking them from oven to table in a covered casserole dish. **Our choice:** The Heritage Rectangular Casserole by Le Creuset ($110 and up).



Steamer BASKET

A basket makes steaming vegetables a snap. A model with a stay-cool, nonmetal handle makes lifting it out of the pot a cinch. **Our choice:** Crate & Barrel ($17).



FOOD Processor

Perhaps the most important tool for the Big Day, a food processor can chop up cranberry relish and make the silkiest purees. **Our choice:** The Cuisinart Elite Collection 12-cup has a mini bowl, too, for small-volume jobs like salad dressing ($200).

Chorizo, Apple, Chestnut & Brussels Sprout Stuffing

ACTIVE: 45 min **TOTAL:** 1¼ hrs
TO MAKE AHEAD: Dry bread (Step 2) up to 4 days ahead and store in an airtight container.
Who says stuffing has to be dominated by the bread? Check out the veritable vegetable garden we've got here, with 4 cups of Brussels topping the list. Chorizo adds some piquant flavor, in this case a zesty chile-pepper-and-vinegar kick found in the Mexican version of the sausage, but quite frankly you won't go wrong using any type of fresh, spicy sausage. (Photo: page 76.)

- **8 cups cubed rustic multigrain bread (about 1 pound; ½-inch pieces)**
- **12 ounces fresh Mexican chorizo sausage, casing removed, crumbled**
- **3 tablespoons extra-virgin olive oil**
- **4 cups Brussels sprouts, quartered**
- **2 cups diced celery, plus chopped celery leaves for garnish**
- **1 cup diced onion**
- **2 medium red apples, chopped**
- **2 tablespoons chopped fresh sage**
- **2 tablespoons chopped fresh thyme**
- **2½ cups unsalted chicken broth, divided**
- **1 cup chopped jarred *or* vacuum-packed roasted chestnuts**
- **1 teaspoon kosher salt**
- **2 tablespoons cold butter, cut into ¼-inch cubes**

1. Preheat oven to 375°F. Coat a 9-by-13-inch baking dish with cooking spray.
2. Spread bread on a large rimmed baking sheet. Bake until it feels dry, about 15 minutes.
3. Meanwhile, cook chorizo in a large skillet over medium-high heat, stirring occasionally, until cooked through, about 5 minutes. Transfer to a large bowl with a slotted spoon.
4. Add oil, Brussels sprouts, celery and onion to the drippings in the pan and cook, stirring occasionally, until tender, 8 to 10 minutes. Stir in apples, sage and thyme; cook, stirring occasionally, for 1 minute. Stir in ½ cup broth, scraping up any browned bits.
5. Add the vegetable mixture, the bread and chestnuts to the bowl with the chorizo; gently stir to combine. Add the remaining 2 cups broth and salt and stir until evenly moistened.
6. Transfer the stuffing to the prepared pan and press down on it with the back of a spoon. Dot with butter. Bake until the stuffing is crispy on top, 30 to 40 minutes. Garnish with celery leaves, if desired.
SERVES 18: ½ cup each
CAL 226 / **FAT** 13G (SAT 3G) / **CHOL** 17MG / **CARBS** 22G
TOTAL SUGARS 6G (ADDED 0G) / **PROTEIN** 8G
FIBER 4G / **SODIUM** 314MG / **POTASSIUM** 267MG.

Green Beans with Rosemary-Garlic Vinaigrette & Fried Shallots

ACTIVE: 40 min **TOTAL:** 40 min
EQUIPMENT: Steamer basket
Here's a new way to delight your green-bean-loving guests. The genius of the recipe is in the dressing, which is made with savory oil that has also been used to fry shallots and garlic. (Photo: page 77.)

- **3 tablespoons grapeseed *or* avocado oil**
- **3 tablespoons extra-virgin olive oil**
- **2 cloves garlic, smashed**
- **1 small sprig fresh rosemary**
- **2 cups sliced shallots (about 2 large), separated into rings**
- **⅛ teaspoon kosher salt plus ½ teaspoon, divided**
- **1½ pounds green beans, trimmed**
- **2 tablespoons white-wine vinegar**
- **¼ teaspoon lemon zest**
- **2 teaspoons lemon juice**
- **¾ teaspoon Dijon mustard**
- **¼ teaspoon ground pepper**

1. Heat grapeseed (or avocado) oil, olive oil, garlic and rosemary in a large skillet over medium-low heat. Cook, swirling occasionally, until the garlic is sizzling but not browned, about 2 minutes. Remove from heat and let stand for 5 minutes. Using tongs, transfer the garlic to a small bowl, leaving the oil in the pan. Discard the rosemary.
2. Add shallots to the pan and cook over medium heat, stirring occasionally, until golden brown, about 10 minutes. Remove from heat. Using tongs, transfer the shallots to a paper-towel-lined plate, leaving as much of the oil in the pan as possible. Season the shallots with ⅛ teaspoon salt.
3. Bring 1 inch of water to a boil in a large saucepan fitted with a steamer basket. Add green beans, cover and steam until tender-crisp, 5 to 7 minutes. Transfer to a large bowl.
4. Transfer the oil from the pan to a mini food processor. Add the garlic, vinegar, lemon zest, lemon juice, mustard, pepper and the remaining ½ teaspoon salt. Pulse until smooth.
5. Toss the green beans with the dressing. Serve topped with the shallots.
SERVES 8: ¾ cup each
CAL 151 / **FAT** 11G (SAT 1G) / **CHOL** 0MG / **CARBS** 13G
TOTAL SUGARS 4G (ADDED 0G) / **PROTEIN** 3G
FIBER 3G / **SODIUM** 167MG / **POTASSIUM** 330MG.

Clementine, Date & Port Cranberry Relish

ACTIVE: 15 min **TOTAL:** 15 min
TO MAKE AHEAD: Refrigerate for up to 1 week.
Cranberry sauce has a role beyond tradition at the T-day meal. The tart berry adds excitement to mild turkey, but it also provides balance by cutting through the richness in other dishes. For this relish—which comes together in minutes—the earthy sweetness of dates and cinnamon, plus a touch of citrus, complement the zing of the berries to create a familiar holiday flavor profile. (Photo: page 77.)

- **½ cup pitted dates**
- **⅓ cup port wine *or* grape juice**
- **1 clementine**
- **2 cups cranberries, fresh *or* frozen**
- **¼ cup sugar**
- **⅛ teaspoon ground cinnamon**
- **⅛ teaspoon kosher salt**

1. Combine dates and port (or grape juice) in a small saucepan. Bring to a boil over medium-high heat and cook for 1 minute. Cover and let stand for 10 minutes.
2. Meanwhile, zest clementine, then peel and separate into segments. Combine the zest, the segments, cranberries, sugar, cinnamon and salt in a food processor. Add the dates and their soaking liquid and pulse until coarsely chopped, but not pureed.
MAKES: 1½ cups (2-Tbsp. serving)
CAL 55 / **FAT** 0G (SAT 0G) / **CHOL** 0MG / **CARBS** 13G
TOTAL SUGARS 10G (ADDED 4G) / **PROTEIN** 0G
FIBER 1G / **SODIUM** 21MG / **POTASSIUM** 76MG.

STYLING: RISHON HANNERS (FOOD); AUDREY DAVIS (PROPS)

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Sweeten baked goods with Sugar In The Raw. And if you're using it to sweet any of recipes (shown, replace half the sugar with Stevia In The Raw) because it has. Why half? Keeping some sugar is important for moisture, browning and structure in baking recipes. Try our Chocolate Bundt Cake with White Chocolate Peppermint Glaze recipe "all in" or "half in." Visit SITR.com/bundtcake

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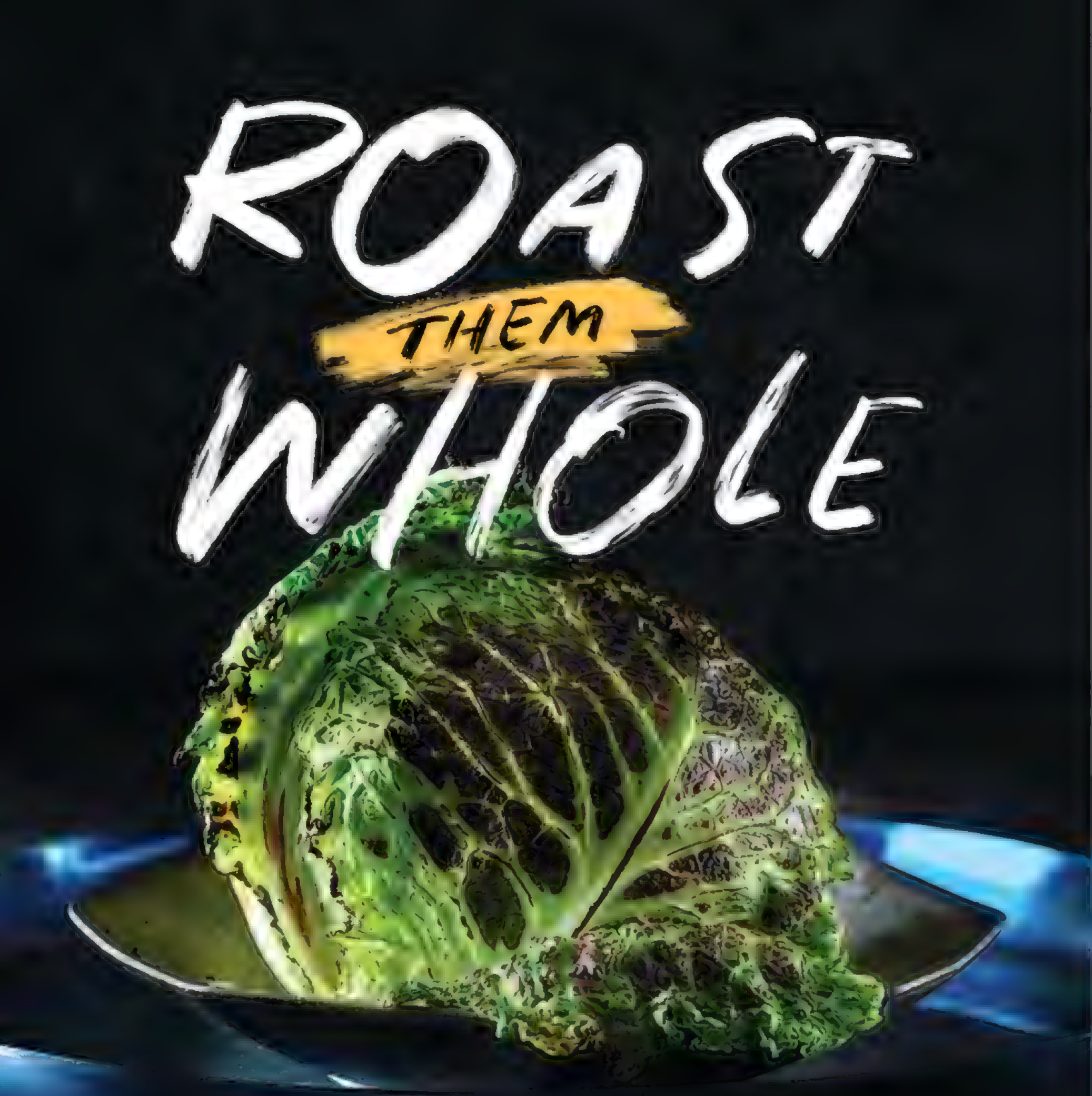


Just when we thought we'd seen (and loved) every way there is to cook a vegetable, award-winning **Chef Annie Pettry** brings us the cook-them-whole technique. She does it with everything from rutabagas to romanesco at her Louisville restaurant, Decca. We recommend any of her recipes for your Thanksgiving meal, but whichever you choose, be prepared for it to outshine the turkey. **Photography by Leigh Beisch**

FOR THE WIN

Make the cabbage ahead and let it rest like a roast until you're ready to serve. It's great even at room temperature.

Whole Roasted Savoy Cabbage with Orange Vinaigrette, *p.89*

FOR THE WIN

Wow your friends by carving this romanesco tableside like a turkey.

Whole Roasted Romanesco with Labneh & Curry Oil

ACTIVE: 25 min **TOTAL:** 4 hrs 20 min
TO MAKE AHEAD: Refrigerate labneh (Step 1) for up to 1 week.
EQUIPMENT: Cheesecloth

This psychedelic-seeming crucifer looks like cauliflower and broccoli fell in love and had a (delicious) baby. If your store carries the Middle Eastern strained yogurt called labneh, use 1 cup and omit Step 1.

- **1 cup whole-milk plain Greek yogurt**
- **1¼ teaspoons kosher salt, divided**
- **1 large head romanesco *or* cauliflower (about 2 pounds)**
- **1 tablespoon extra-virgin olive oil plus ¼ cup, divided**
- **1 clove garlic, crushed**
- **2 teaspoons Madras curry powder**
- **2 teaspoons minced fresh ginger**
- **2 teaspoons ground turmeric**
- **Pinch of cayenne pepper**
- **½ cup water**
- **1 tablespoon sugar**
- **½ cup golden raisins**
- **¼ cup chopped fresh mint**

1. To prepare labneh, line a fine-mesh strainer with a double layer of cheesecloth and place over a bowl. Whisk yogurt and ¼ teaspoon salt in a small bowl and scrape into the cheesecloth. Cover and refrigerate for at least 4 hours or up to 24 hours. (Discard the liquid.)

2. Preheat oven to 375°F. Line a rimmed baking sheet with foil.

3. Remove the outer leaves of romanesco (or cauliflower) and place, stem-side down, on the prepared pan. Drizzle with 1 tablespoon oil and sprinkle with ¼ teaspoon salt. Roast until golden brown and a skewer easily passes through to the center, 1¼ to 1½ hours.

4. Meanwhile, combine the remaining ¼ cup oil, garlic, curry powder, ginger, turmeric, cayenne and ¼ teaspoon salt in a small saucepan. Cook over medium heat until bubbling at the edges, 1 to 2 minutes. Remove from heat. Let cool for 5 minutes, then strain through a fine-mesh strainer into a small heatproof bowl.

5. Combine water, sugar and the remaining ½ teaspoon salt in the small saucepan and bring to a boil. Remove from heat and add raisins. Let stand for 15 minutes. Drain.

6. Spread the labneh on a serving platter. Cut the romanesco (or cauliflower) into 8 wedges and arrange on the labneh. Drizzle with the curry oil. Sprinkle the raisins and mint on top.

SERVES 8: 1 wedge romanesco, 2 Tbsp. labneh, 1½ tsp. curry oil & 1½ Tbsp. raisins each
CAL 165 / **FAT** 11G (SAT 2G) / **CHOL** 4MG / **CARBS** 14G **TOTAL SUGARS** 9G (ADDED 0.2G) / **PROTEIN** 5G **FIBER** 3G / **SODIUM** 234MG / **POTASSIUM** 401MG.

FOR THE WIN

Take a few seconds to sizzle sage leaves for a garnish. One crispy bite and you'll wonder why you don't do it all the time!

Whole Roasted Rutabagas with Lemon-Brown Butter Sauce & Crispy Sage, *p.89*

FOR THE Win

Need a special something for vegetarians? This hearty roasted kabocha is happy at center stage.

Whole Roasted Kabocha Squash with Umami Butter & Candied Pepitas

ACTIVE: 25 min **TOTAL:** 2½ hrs

TO MAKE AHEAD: Store pepitas (Steps 1-2) airtight at room temperature for up to 3 days.

EQUIPMENT: Silicone mat or parchment paper

Some autumn staples—we're looking at you, winter squash!—can thwart even the sharpest knife. But roasting them whole softens their armor and creates nutty, complex flavor inside.

- **1 large egg white**
- **¼ cup confectioners' sugar**
- **¾ teaspoon kosher salt, divided**
- **¾ cup pepitas**
- **1 3-pound kabocha *or* buttercup squash**
- **2 tablespoons extra-virgin olive oil**
- **4 tablespoons (½ stick) butter, softened**
- **½ teaspoon fish sauce**
- **½ teaspoon reduced-sodium tamari *or* low-sodium soy sauce**
- **¼ teaspoon gochugaru (Korean chile powder *or* flakes) *or* Aleppo pepper *(see Tip, below)***
- **¼ teaspoon lemon zest**
- **¼ teaspoon molasses**
- **¼ teaspoon granulated sugar**
- **1 tablespoon minced fresh chives**

1. Preheat oven to 200°F. Line a rimmed baking sheet with a silicone mat or parchment paper.

2. Beat egg white in a medium bowl with an electric mixer until soft peaks form. Sift in confectioners' sugar and ⅛ teaspoon salt; beat just until combined. Fold in pepitas. Spread on the prepared pan. Cook, stirring every 10 minutes, until dry and lightly toasted, about 50 minutes. Let cool on the pan for 5 minutes. Crumble and set aside.

3. Increase oven temperature to 400°F. Line a baking sheet with foil.

4. Place squash, stem-end up, on the prepared pan. Pierce the squash a few times with the tip of a sharp knife. Drizzle with oil and sprinkle with ½ teaspoon salt. Roast until a skewer easily passes through to the center, about 1 hour.

5. Meanwhile, mix butter, fish sauce, tamari (or soy sauce), gochugaru (or Aleppo pepper), lemon zest, molasses, granulated sugar and the remaining ⅛ teaspoon salt in a small bowl.

6. To serve: Carefully cut the squash in half and scoop out the seeds. Cut each half into quarters. Top with the umami butter and ¾ cup pepitas (reserve the rest for another use). Sprinkle with chives.

SERVES 8: 1 wedge squash, 1½ Tbsp. pepitas & 1½ tsp. umami butter each

CAL 229 / **FAT** 15G (SAT 5G) / **CHOL** 15MG / **CARBS** 19G **TOTAL SUGARS** 10G (ADDED 4G) / **PROTEIN** 6G **FIBER** 3G / **SODIUM** 233MG / **POTASSIUM** 113MG.

TIP: Both gochugaru (Korean chile powder or flakes) and Aleppo pepper, named for the city in northern Syria, provide gentle heat. Look for them in well-stocked supermarkets or online.

Whole Roasted Savoy Cabbage with Orange Vinaigrette

ACTIVE: 20 min **TOTAL:** 2 hrs

TO MAKE AHEAD: Refrigerate vinaigrette and store za'atar airtight at room temperature (Steps 3 & 4) for up to 3 days.

The outer cabbage leaves blacken during the long cooking time, but when removed they reveal a meltingly tender center. Orange blossom water adds delicate aroma to the vinaigrette that's drizzled on top. Serve alongside roast beef or pork, or over mashed potatoes as a main course. (Photo: page 85.)

- **1 head Savoy cabbage (about 2 pounds)**
- **2 tablespoons extra-virgin olive oil plus ¼ cup, divided**
- **¼ cup orange juice**
- **1 clove garlic, minced**
- **1 teaspoon minced shallot**
- **1 teaspoon white balsamic vinegar**
- **½ teaspoon kosher salt, divided**
- **¼ teaspoon sugar**
- **⅛ teaspoon orange blossom water**
- **Pinch of crushed red pepper**
- **¼ cup hazelnuts, toasted and crushed**
- **1 tablespoon sesame seeds, toasted**
- **1 tablespoon sumac *(see Tip, below)***

1. Preheat oven to 375°F. Line a rimmed baking sheet with foil.

2. Remove any cabbage leaves that are wilted or falling off. Place the cabbage, stem-side down, on the prepared pan and drizzle with 2 tablespoons oil. Roast until a skewer easily passes through to the center, about 2 hours.

3. Meanwhile, whisk the remaining ¼ cup oil, orange juice, garlic, shallot, vinegar, ¼ teaspoon salt, sugar, orange blossom water and crushed red pepper in a small bowl.

4. To prepare za'atar, combine hazelnuts, sesame seeds and sumac in another small bowl.

5. Remove charred outer leaves from the cabbage. Cut the cabbage into 6 wedges and sprinkle with the remaining ¼ teaspoon salt. Drizzle the cabbage with the vinaigrette and sprinkle with the za'atar.

SERVES 6: 1 wedge cabbage, 1½ Tbsp. vinaigrette & 1½ tsp. za'atar each

CAL 207 / **FAT** 18G (SAT 2G) / **CHOL** 0MG / **CARBS** 10G **TOTAL SUGARS** 4G (ADDED 0.2G) / **PROTEIN** 3G **FIBER** 4G / **SODIUM** 351MG / **POTASSIUM** 323MG.

TIP: Made from the tart red berries of the Mediterranean sumac bush, this bright red spice has a fruity, sour flavor. Find ground sumac in Middle Eastern markets, well-stocked supermarkets and online.

Whole Roasted Rutabagas with Lemon-Brown Butter Sauce & Crispy Sage

ACTIVE: 40 min **TOTAL:** 2¾ hrs

Rutabagas become rich and creamy when roasted whole. Then we halve and pan-fry them for a delectable textural juxtaposition. These root vegetables are often waxed to maintain freshness—you'll be able to feel it. It's easy to remove the wax with a quick dip in boiling water, making the skin edible again. (Photo: page 87.)

- **3 medium rutabagas (about 2 pounds total), trimmed**
- **5 tablespoons extra-virgin olive oil, divided**
- **½ teaspoon kosher salt plus a pinch, divided**
- **18 fresh sage leaves**
- **2 tablespoons butter**
- **2 tablespoons lemon juice**
- **⅓ cup finely grated Parmesan cheese**
- **1½ teaspoons caraway seeds, toasted**

1. Preheat oven to 350°F. Line a rimmed baking sheet with foil.

2. If the rutabagas are waxed, bring a large pot of water to a rolling boil. Add the rutabagas and cook for 1½ minutes. Carefully wipe off the wax with a towel.

3. Place the rutabagas on the prepared pan; drizzle with 1 tablespoon oil and sprinkle with ¼ teaspoon salt. Roast until a skewer easily passes through to the center, 2 to 2½ hours. Let cool for 5 minutes.

4. Leaving the skin on, cut each rutabaga in half through the stem end. Using a heavy skillet or cutting board, smash the halves to about half their original height. Heat 1 tablespoon oil in a large cast-iron skillet over medium-high heat. Add 3 rutabaga halves, cut-side down, and cook until browned, about 3 minutes. Transfer to a serving platter. Repeat with 1 tablespoon oil and the remaining rutabaga halves. Sprinkle with ¼ teaspoon salt.

5. Wipe out the pan and heat the remaining 2 tablespoons oil over medium heat. Add sage and cook until crispy, 2 to 4 seconds per side. Transfer to a paper-towel-lined plate.

6. Add butter to the pan and cook until starting to brown, about 30 seconds. Add lemon juice and the remaining pinch of salt. Remove from the heat.

7. Drizzle the rutabagas with the butter sauce. Top with the crispy sage, Parmesan and caraway seeds.

SERVES 6: ½ rutabaga & scant 1 Tbsp. sauce each

CAL 221 / **FAT** 17G (SAT 5G) / **CHOL** 14MG / **CARBS** 15G **TOTAL SUGARS** 7G (ADDED 0G) / **PROTEIN** 3G **FIBER** 4G / **SODIUM** 278MG / **POTASSIUM** 498MG.

STYLING: EMILY CANEER (FOOD), GLENN JENKINS (PROPS)

Who says your mash needs to be mashed? Or made with potatoes, for that matter? Here's a 5-step plan using different roots, techniques and flavors to unlock endless combos.

RECIPES **ADAM DOLGE** PHOTOGRAPHY **VICTOR PROTASIO**

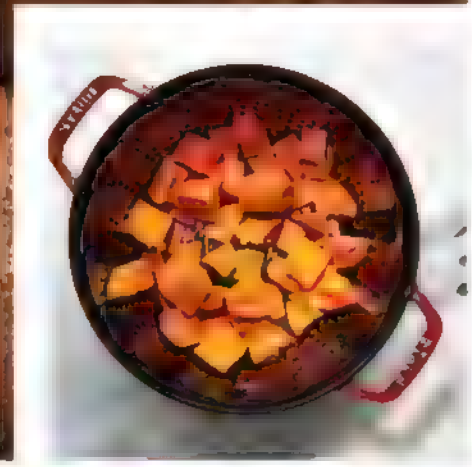
Sweet POTATOES
+VEGETABLE BROTH
+Chipotles in ADOBO

CELERIAC+
Chicken BROTH
+FRESH HERBS

Russets + Buttermilk + Roasted Garlic

Rutabaga + Whole Milk + Bacon

Parsnips + Alternative Milk + Olive Tapenade



Straight-up buttermilk mashed potatoes are classic for a reason, but that doesn't mean there aren't other scrumptious ways to go. To start, select a root vegetable from those pictured above and use the steaming instructions to get them ready to mash. Then pair with a warm liquid—including dairy-free options—and finally, get creative with a flourish of flavorings. We've counted over 125 tasty mash combos you can make using the simple formula below.

SELECT

These instructions make six ½-cup servings. Double as necessary. Peel and cut 1½ pounds of any of these root vegetables *(above)* into 1-inch pieces. You should have about 3 cups, chopped.

Steam

Use a steamer basket in a large pot of boiling water to steam the vegetables (it's the most consistent way of cooking them) until fork-tender.
Sweet potatoes: 28 min
Parsnips: 28 min
Russet potatoes: 35 min
Celeriac: 40 min
Rutabaga: 55 min

Smash

Pick a tool—ricer, food processor or masher. Ricers make super-fluffy mashed russets and sweet potatoes, but a food processor delivers velvety results with tougher roots like parsnips, rutabaga and celeriac. Hand-mash for a more rustic texture.

Stir

Use a wooden spoon to stir in ¼ cup softened **unsalted butter,** ½ tsp. **kosher salt** and ½ cup of warmed liquid:
- **Milk**
- **Buttermilk**
- **Chicken broth**
- **Vegetable broth**
- **Unsweetened plant-based milk**

SEASON

For the finish, stir in 3 Tbsp. of a flavor booster: crispy **bacon,** roasted **garlic, chipotle peppers** in adobo, chopped fresh **herbs** or **olive tapenade.**

Nutrition info: page 106.
Full recipes *(previous pages)* on *eatingwell.com.*

STYLING: TORIE COX (FOOD), AUDREY DAVIS (PROPS)

Oscar Mayer
WE'RE THE BACON
OTHER BACONS DREAM ABOUT
Oscar Mayer
NATURALLY
HARDWOOD SMOKED
Bacon
As the gold standard of bacon, Oscar Mayer cooks up perfect every time. Which is why it's on more family tables than any other bacon out there.
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Pumpkin Cream Cheese Pie with Pecan Streusel
p. 98

Pie Around

Don't forget about the sweetest part of Thanksgiving! We've got dessert covered with new takes on pumpkin and apple, a few that will surprise you, and a whole-grain crust that's a cinch to roll out.

RECIPES **HILARY MEYER**

PHOTOGRAPHY **PENNY DE LOS SANTOS**

Brown Butter Apple Pie
p. 101
Cranberry Buttermilk Pie
p. 100
5-Layer Pecan Pie
p. 96

Master Pie Dough

ACTIVE: 15 min **TOTAL:** 45 min
TO MAKE AHEAD: Refrigerate for up to 2 days or freeze for up to 3 months.
Cream cheese makes this all-purpose dough easy to work with. Plus, whole-wheat pastry flour adds fiber and other nutrients. If your dough is too cold to cooperate when you roll it, let it sit at room temperature for 10 minutes.

- **¾ cup all-purpose flour**
- **¾ cup whole-wheat pastry flour**
- **1 tablespoon sugar**
- **¼ teaspoon salt**
- **⅛ teaspoon baking powder**
- **3 ounces reduced-fat cream cheese, cubed**
- **4 tablespoons (½ stick) cold unsalted butter, cubed**
- **3 tablespoons ice water**
- **1½ teaspoons cider vinegar**

Combine all-purpose flour, pastry flour, sugar, salt and baking powder in a food processor. Add cream cheese and pulse until combined. Add butter and pulse until it is about the size of peas. Drizzle in water and vinegar and pulse just until the dough comes together to form a ball. (It should be moist but not wet.) Turn the dough out onto a clean work surface and pat into a 1-inch-thick disk. Wrap in plastic and refrigerate for at least 30 minutes before rolling.

MAKES: 1 single 9-inch pie crust (12 servings)
CAL 112 / FAT 6G (SAT 3G) / CHOL 12MG / CARBS 13G
TOTAL SUGARS 1G (ADDED 1G) / PROTEIN 2G
FIBER 1G / SODIUM 84MG / POTASSIUM 18MG.

5-Layer Pecan Pie

ACTIVE: 20 min **TOTAL:** 4 hrs
(including 2 hours cooling time)
TO MAKE AHEAD: Refrigerate, loosely covered, for up to 2 days. **EQUIPMENT:** 9-inch pie pan (not deep-dish), parchment paper
The "magic" ingredient in the filling of this pie (and many gooey baked goods) is sweetened condensed milk, which delivers that craveable texture. A little bourbon adds its complex, oak-aged perfume to the sweet mix but, if you prefer, vanilla extract tastes great too.

- **1 recipe Master Pie Dough *(left)***
- **2 large eggs, lightly beaten**
- **1 14-ounce can sweetened condensed milk**
- **3 tablespoons bourbon *or* ¾ teaspoon vanilla extract**
- **Pinch of salt**
- **1¼ cups chopped pecans**
- **¾ cup unsweetened shredded coconut**
- **¾ cup dark chocolate chips**

1. Position rack in lower third of oven; preheat to 375°F.
2. Roll dough between sheets of parchment paper into a 12-inch circle. Peel off the top sheet and invert the dough into a 9-inch pie pan. Press the dough into the bottom and up the sides of the pan. Remove the paper. Use scissors to trim the edges of the dough and crimp or make a checkerboard border *(see For the Win, opposite)*. Refrigerate the crust while you prepare the filling.
3. Whisk eggs, condensed milk, bourbon (or vanilla) and salt in a large bowl. Fold in pecans, coconut and chocolate chips. Scrape the filling into the crust.
4. Bake the pie until the center is set and the edges are golden brown, 25 to 35 minutes. Cool completely on a wire rack, about 2 hours, before slicing.
SERVES 16: 1 slice each
CAL 322 / **FAT** 19G (SAT 9G) / **CHOL** 41MG / **CARBS** 31G
TOTAL SUGARS 20G (ADDED 18G) / **PROTEIN** 6G
FIBER 3G / **SODIUM** 114MG / **POTASSIUM** 169MG.

STYLING: NORA SINGLEY (FOOD); PAIGE HICKS (PROPS)

FOR THE Win!

To make this ruffled checkerboard design for your pie crust, press the dough into the pan and use scissors to trim the edge flush with the rim. Make ¾-inch snips evenly around the border and fold in every other flap of dough.

5-Layer Pecan Pie

Hover your phone's camera over this code to save our cover-model pie *(below right)* to your favorites on EatingWell.com.

Chocolate Amaretto Pie

ACTIVE: 40 min **TOTAL:** 6 hrs (including 4 hrs chilling time)
TO MAKE AHEAD: Refrigerate pie for up to 2 days. **EQUIPMENT:** 9-inch pie pan (not deep-dish), parchment paper, pie weights

Chocolate pie is a must-have at many holiday gatherings and this one will set a new bar. The velvety filling is lightened up by swapping in some cornstarch for some of the egg yolks traditionally used for thickening. The pairing of bittersweet chocolate with the nutty flavor of amaretto is pure almond joy that's only better topped with cinnamon-spiced whipped cream (included!).

- **1 recipe Master Pie Dough *(page 96)***
- **⅔ cup granulated sugar plus 1 tablespoon, divided**
- **¼ cup cornstarch**
- **¼ teaspoon salt**
- **4 large egg yolks**
- **2½ cups reduced-fat milk**
- **¼ cup amaretto *or* ¼ teaspoon almond extract**
- **4 ounces chopped bittersweet chocolate**
- **½ cup heavy cream**
- **¼ teaspoon vanilla extract**
- **¼ teaspoon ground cinnamon**
- **¼ cup sliced almonds, toasted**

1. Preheat oven to 375°F.
2. Roll dough between sheets of parchment paper into a 12-inch circle. Peel off the top sheet and invert the dough into a 9-inch pie pan. Press the dough into the bottom and up the sides of the pan. Remove the paper. Fold under the excess dough and flute, or trim with scissors and crimp *(see For the Win, page 101)*. Prick the crust with a fork several times; line with parchment paper and cover with pie weights (or dry beans).
3. Bake the crust for 15 minutes. Remove the weights and paper and bake until the crust is golden, 8 to 12 minutes more. Let cool completely on a wire rack, about 1 hour.
4. Combine ⅔ cup sugar, cornstarch and salt in a large saucepan. Whisk egg yolks and milk in a medium bowl, then whisk into the sugar mixture. Cook over medium-low heat, whisking constantly, until steaming and thick enough to coat the back of a spoon, 16 to 18 minutes. Whisk in amaretto (or almond extract) and cook, whisking constantly, for 2 minutes more. Remove from heat. Add chocolate and stir until melted.
5. Pour the filling into the cooled crust and let cool for 20 minutes. Press a piece of plastic wrap on the surface of the filling and refrigerate until set, about 4 hours.
6. Beat cream, the remaining 1 tablespoon sugar, vanilla and cinnamon with an electric mixer until soft peaks form. Serve the pie topped with the whipped cream and almonds.
SERVES 16: 1 slice each
CAL 267 / **FAT** 13G (SAT 7G) / **CHOL** 70MG / **CARBS** 32G / **TOTAL SUGARS** 17G (ADDED 13G) / **PROTEIN** 5G / **FIBER** 2G / **SODIUM** 143MG / **POTASSIUM** 96MG.

Pumpkin Cream Cheese Pie with Pecan Streusel

ACTIVE: 30 min **TOTAL:** 4½ hrs (including 3 hrs cooling time)
TO MAKE AHEAD: Refrigerate, loosely covered, for up to 2 days. **EQUIPMENT:** 9-inch pie pan (not deep-dish), parchment paper

This riff on the Thanksgiving favorite combines a traditional pumpkin filling with swirls of sweetened cream cheese. And since it's only Thanksgiving once a year, we've topped it all off with a buttery spiced-pecan topping. (Photo: page 94.)

- **1 recipe Master Pie Dough *(page 96)***
- **2 large eggs, lightly beaten**
- **1 15-ounce can unseasoned pumpkin puree**
- **2 5-ounce cans low-fat evaporated milk**
- **¾ cup light brown sugar, divided**
- **1 teaspoon pumpkin pie spice**

- ¼ **teaspoon salt plus ⅛ teaspoon, divided**
- 3 **ounces reduced-fat cream cheese, softened**
- 2 **tablespoons low-fat milk**
- 2 **tablespoons confectioners' sugar**
- ¼ **teaspoon vanilla extract**
- ⅓ **cup chopped pecans**
- ¼ **cup all-purpose flour**
- 2 **tablespoons butter, melted**
- ½ **teaspoon ground cinnamon**

1. Position rack in lower third of oven; preheat to 375°F.

2. Roll dough between sheets of parchment paper into a 12-inch circle. Peel off the top sheet and invert the dough into a 9-inch pie pan. Press the dough into the bottom and up the sides of the pan. Remove the paper. Fold under the excess dough and flute, or trim with scissors and crimp *(see For the Win, page 101)*. Refrigerate the crust while you prepare the filling.

3. Whisk eggs, pumpkin, evaporated milk, ½ cup brown sugar, pumpkin pie spice and ¼ teaspoon salt in a large bowl until smooth. Whisk cream cheese, milk, confectioners' sugar and vanilla in a small bowl until smooth.

4. Pour the pumpkin mixture into the prepared crust. Dollop spoonfuls of the cream cheese mixture onto the filling, spacing them evenly. Draw the tip of a skewer or a knife through both mixtures to create a swirled design.

5. Bake the pie for 30 minutes.

6. Meanwhile, combine pecans, the remaining ¼ cup brown sugar, flour, butter, cinnamon and the remaining ⅛ teaspoon salt in a medium bowl.

7. Sprinkle the streusel over the pie and bake until the filling is puffed at the edges and the center springs back when touched, 15 to 20 minutes more. Cool completely on a wire rack, about 3 hours, before slicing.

SERVES 12: 1 slice each
CAL 278 / **FAT** 12G (SAT 6G) / **CHOL** 54MG / **CARBS** 36G / **TOTAL SUGARS** 20G (ADDED 14G) / **PROTEIN** 6G / **FIBER** 2G / **SODIUM** 232MG / **POTASSIUM** 222MG.

FOR THE Win

Make a free-form border to accentuate the dramatic swirls of the topping on this Pink Grapefruit Meringue Pie. Press the dough into the pan and fold the edges of the dough under. Fold, tuck or pinch the folded edge to create a draped look.

Pink Grapefruit Meringue Pie, *p.100*

Pink Grapefruit Meringue Pie

ACTIVE: 1 hour **TOTAL:** 6 hrs (including 5 hrs cooling time)
EQUIPMENT: 9-inch pie pan (not deep-dish), parchment paper, pie weights, candy thermometer

For this pie's filling we call for fresh squeezed juice, but store-bought (not frozen) works well and may even give you more brightly colored results. The Italian meringue topping is made by beating hot sugar syrup into egg whites that are already beaten to stiff peaks. It's a bit more effort, but the meringue holds its shape longer. (Photo: page 99.)

- **1 recipe Master Pie Dough *(page 96)***
- **3 large eggs, separated**
- **1 tablespoon grated pink grapefruit zest**
- **⅓ cup cornstarch**
- **¼ cup granulated sugar plus ⅔ cup, divided**
- **⅛ teaspoon salt plus a pinch, divided**
- **2½ cups freshly squeezed pink grapefruit juice**
- **1 tablespoon butter**
- **¼ cup water**
- **1 tablespoon light corn syrup**
- **¼ teaspoon cream of tartar**
- **¼ teaspoon vanilla extract**

1. Preheat oven to 375°F.
2. Roll dough between sheets of parchment paper into a 12-inch circle. Peel off the top sheet and invert the dough into a 9-inch pie pan. Press the dough into the bottom and up the sides of the pan. Remove the paper. Fold under the excess dough and flute, or trim with scissors and crimp *(see For the Win, opposite)*. Prick the crust with a fork several times; line with parchment paper and cover with pie weights (or dry beans).
3. Bake the crust for 15 minutes. Remove the weights and paper and bake until the crust is golden, 8 to 12 minutes more. Let cool completely on a wire rack, about 1 hour.
4. Reduce oven temperature to 350°F.
5. Whisk egg yolks and grapefruit zest in a small bowl. Set near the stove.
6. Combine cornstarch, ¼ cup sugar and ⅛ teaspoon salt in a large saucepan. Whisk in grapefruit juice. Place over medium-low heat and cook, whisking frequently, until the mixture is the consistency of pudding, 8 to 10 minutes. Remove from heat.
7. Add 1 tablespoon of the hot grapefruit mixture to the egg yolks and whisk until smooth. Repeat 4 more times, whisking after each addition. Using a rubber spatula, scrape the egg yolk mixture into the pan and whisk until smooth. Cook over medium-low heat, whisking constantly, until combined and thickened, about 2 minutes. Remove from heat and add butter, stirring until melted. Cover to keep warm.
8. Whisk the remaining ⅔ cup sugar, water and corn syrup in a small saucepan. Cook over medium heat, stirring occasionally, until the sugar dissolves, 4 to 5 minutes. Without stirring, continue cooking until the mixture reaches 240°F on a candy thermometer *(see Tip, below)*, 8 to 10 minutes.
9. While the sugar syrup is still hot, beat egg whites in a stand mixer fitted with the whisk attachment or in a large bowl with an electric mixer on medium speed until frothy, about 1 minute. Add cream of tartar and the remaining pinch of salt; beat on high just until soft peaks form, about 2 minutes. Then, beating on medium-low speed, add the hot sugar syrup in a slow, steady stream. Increase the speed to medium-high and beat until stiff, shiny peaks form, about 5 minutes. Add vanilla and beat for 30 seconds more.
10. Pour the grapefruit filling into the prepared crust. (The mixture should be hot. If it isn't, stir over medium-low heat until steaming.) Immediately spread the meringue over the hot filling all the way to the edge of the crust. Make decorative peaks, if desired, with an offset spatula or knife.
11. Bake the pie until the top is lightly browned, about 20 minutes. Cool on a wire rack until room temperature, about 4 hours, before slicing.

SERVES 12: 1 slice each
CAL 237 / **FAT** 8G (SAT 4G) / **CHOL** 61MG / **CARBS** 38G **TOTAL SUGARS** 18G (ADDED 17G) / **PROTEIN** 4G **FIBER** 1G / **SODIUM** 141MG / **POTASSIUM** 130MG.

TIP: No candy thermometer? Some instant-read thermometers, such as Thermapen *(read more about it on page 81)*, can register higher temperatures required for candy-making. In the meringue here, we cook the sugar mixture to 240°F, also know as "soft-ball stage." Test it without a thermometer by dropping a small ball of the sugar mixture into a glass of cold water. If the mixture forms a ball that holds its shape but gives slightly when squeezed, it is ready to add to the egg whites.

Cranberry Buttermilk Pie

ACTIVE: 20 min **TOTAL:** 3¼ hrs (including 2 hrs cooling time)
EQUIPMENT: 9-inch pie pan (not deep-dish), parchment paper

This custard filling tastes like a panna cotta with a bit of attitude and gets tang from buttermilk and a generous sprinkling of cranberries on top. (Photo: page 95.)

- **1 recipe Master Pie Dough *(page 96)***
- **3 large eggs, lightly beaten**
- **⅔ cup granulated sugar**
- **4 tablespoons (½ stick) butter, melted and cooled**
- **3 tablespoons all-purpose flour**
- **1 cup buttermilk**
- **1 tablespoon grated orange zest**
- **½ teaspoon vanilla extract**
- **⅛ teaspoon freshly grated nutmeg**
- **⅛ teaspoon salt**

2 cups cranberries (thawed if frozen)
1 teaspoon confectioners' sugar

1. Position rack in lower third of oven; preheat to 325°F.
2. Roll dough between sheets of parchment paper into a 12-inch circle. Peel off the top sheet and invert the dough into a 9-inch pie pan. Press the dough into the bottom and up the sides of the pan. Remove the paper. Fold under the excess dough and flute, or trim with scissors and crimp *(see For the Win, right)*. Refrigerate the crust while you prepare the filling.
3. Whisk eggs, granulated sugar, butter and flour in a large bowl until well combined. Whisk in buttermilk, orange zest, vanilla, nutmeg and salt. Pour the filling into the prepared crust. Sprinkle cranberries evenly over the top.
4. Bake the pie until set in the center, 50 to 60 minutes. Cool completely on a wire rack, about 2 hours. Dust with confectioners' sugar just before serving.
SERVES 12: 1 slice each
CAL 231 / **FAT** 11G (SAT 6G) / **CHOL** 69MG / **CARBS** 29G **TOTAL SUGARS** 14G (ADDED 12G) / **PROTEIN** 5G **FIBER** 2G / **SODIUM** 166MG / **POTASSIUM** 84MG.

Brown Butter Apple Pie

ACTIVE: 50 min **TOTAL:** 3½ hrs (including 1½ hrs cooling time)
TO MAKE AHEAD: Store, loosely covered, at room temperature for up to 1 day.
EQUIPMENT: 9-inch pie pan (not deep-dish), parchment paper, 1½- to 2-inch cookie cutter
The elemental ingredients in this pie—apples and spices and butter that's been sizzled until it's brown and nutty—are simple and have classic flavor. The top crust is where you have the opportunity to add a touch of pizazz. Here we've cut the dough into leaf shapes for an autumnal motif, but you could cut any shape you want. (Photo: page 95.)

2 recipes Master Pie Dough *(page 96)*
8 cups sliced peeled firm pie apples (5-7 medium), such as Granny Smith, Honeycrisp *and/or* Braeburn
½ cup dark brown sugar
¼ teaspoon salt
4 tablespoons (½ stick) butter
1 tablespoon all-purpose flour
½ teaspoon ground cinnamon
⅛ teaspoon ground nutmeg
1 tablespoon reduced-fat milk
1 teaspoon sanding sugar (*see Tip*) *or* turbinado sugar

1. Roll one disk of dough between sheets of parchment paper into a 12-inch circle. Peel off the top sheet and invert the dough into a 9-inch pie pan. Press the dough into the bottom and up the sides of the pan. Remove the paper. Refrigerate while you prepare the filling. (If you want to just make a simple top crust without decoration, roll and refrigerate the second batch of dough.)

FOR THE Win

Give your pie a pretty rim! Use scissors to trim the edge of the crust. Press it with a fork to crimp or, for a pattern like the Cranberry Buttermilk Pie on page 95, press the flat side of the wheel of a scallop-edged pastry cutter into the dough to form little half moons.

2. For a decorative top crust, roll the second disk of dough between sheets of parchment paper into a 12-inch circle. Peel off the top sheet and place it on a plate. Working from the outside edge of the dough toward the center, cut out about 60 leaves or other shapes with 1½- to 2-inch cookie cutters and place them on the prepared plate. Refrigerate while you prepare the filling.
3. Combine apples, brown sugar and salt in a large bowl. Melt butter in a large pot over medium heat. Cook, stirring occasionally, until golden brown and fragrant, 3 to 4 minutes. Add half the apple mixture and cook, stirring occasionally, until the apples are tender and the liquid is bubbling and thickened, 4 to 8 minutes. Remove from heat and stir in the remaining apple mixture, flour, cinnamon and nutmeg; let cool for 30 minutes.
4. Position a rack in lower third of oven; preheat to 425°F.
5. Scrape the apple filling into the prepared crust. If using cutouts, trim the excess dough so it's flush with the pan. Brush the edge of the dough with some milk. Arrange the cutouts over the filling, working from the outer edge inward and overlapping slightly. Leave a little hole in the center to allow for venting. Lightly brush the cutouts with the remaining milk and sprinkle with sanding (or turbinado) sugar. *(Alternatively, remove the top sheet of paper from the top crust and invert onto the filling. Remove the paper. Tuck the edge of the top crust under the edge of the bottom crust, sealing the two. Crimp or flute the edge. Cut several slits in the top, brush with the remaining milk and sprinkle sanding or turbinado sugar over it.)*
6. Bake the pie for 15 minutes. Reduce oven temperature to 375°F. Cover the edges of the crust with foil. Continue baking until the top crust is golden brown and the filling is bubbling, 45 to 50 minutes more. Cool on a wire rack for at least 1 hour before slicing.
SERVES 12: 1 slice each
CAL 257 / **FAT** 11G (SAT 7G) / **CHOL** 26MG / **CARBS** 37G **TOTAL SUGARS** 19G (ADDED 11G) / **PROTEIN** 3G **FIBER** 2G / **SODIUM** 162MG / **POTASSIUM** 105MG.

TIP: Sanding sugar, or decorating sugar, is crunchy coarse-grain crystals that don't melt during cooking. Sprinkle it on pies, muffins and scones to add a bit of sparkle.

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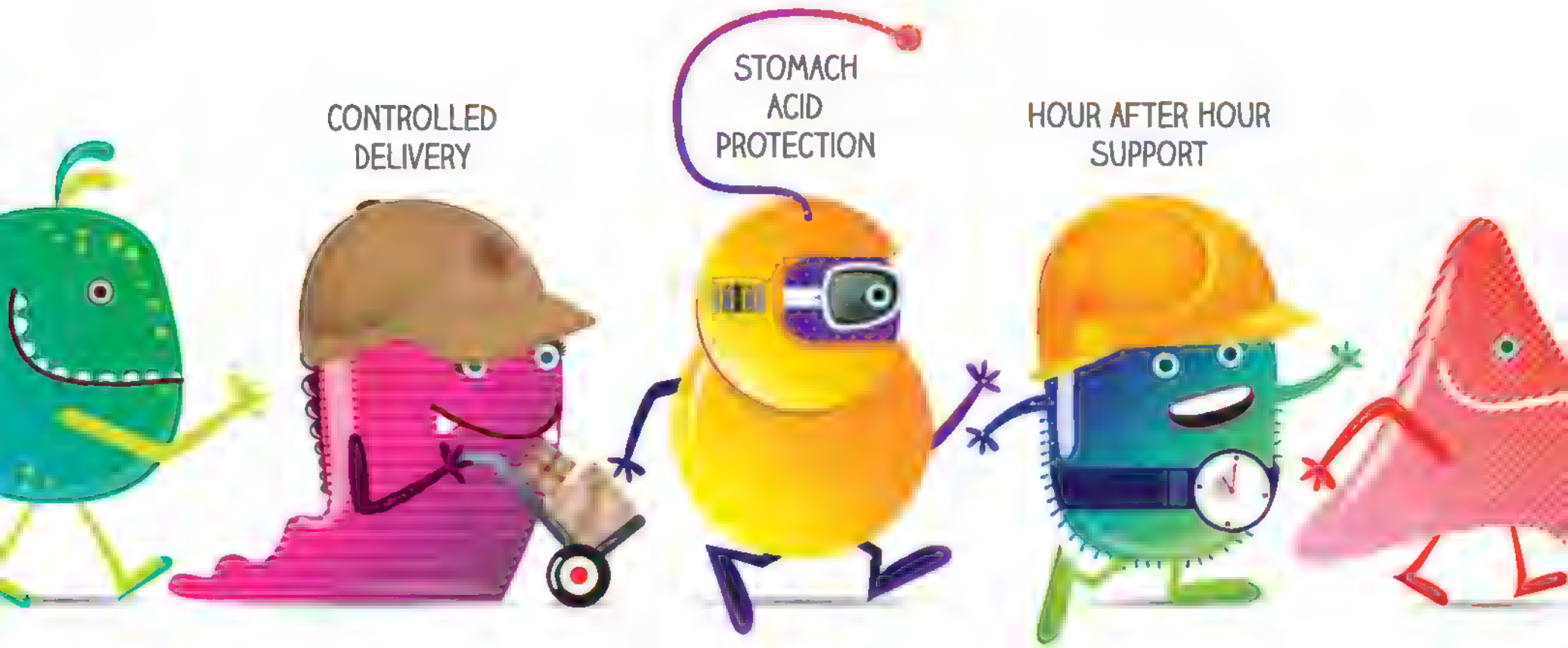

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Set, Ready, Feast

Aiming to set a welcoming Thanksgiving table that everyone will want to linger around? We tapped design pro Kaitlyn Du Ross Walker (*pictured at work, here*) to show you how.
By Lucy M. Clark

DON'T bother with a florist. "A trend right now is floral centerpieces that seem haphazard and ethereal, not precious. Go into your backyard or buy some inexpensive greenery or flowers to create something yourself." (Check out the one on the previous page.)

DO invest in one statement serving piece. "It can anchor the whole look of the table *and* be functional." Think: a clay gravy pourer or special wooden bowl. Black Clay Simple Pourer, $89; Scoop Bowl, $250; *infavorof.com*.

DO add pops of color. "Strategically placed color adds interest to the table and allows you to keep the other elements—like plates and glassware—simple, for a clean overall look." (Yellow dish from the stylist's own collection.)

DO set out both stemmed and non-stemmed glassware. "Stemmed glassware is beautiful, but as the night progresses, I switch to shorty glasses that won't get knocked over during lively conversation." Duralex Picardie Tumblers, $18 for 6, *duralexusa.com*; Bristol Red Wine Glass, $75, *simonpearce.com*.

DON'T buy pricy napkins. "Spending $100 on napkins that someone is going to get cranberry sauce on? That would be a bummer. These cheap tea towels look really cool." Tekla, $0.79 each, *ikea.com*.

DO use (unscented) candles. "I love little votives scattered throughout a table. They set a really warm tone." Walnut Tea Candle Set, $120, *infavorof.com*.

DO keep dinnerware minimal. "So many accessories seem to fall onto a Thanksgiving table. But really great dinner plates are where it's at." Piet Boon High Plate, $6, *infavorof.com*; Barre Alabaster Dinner Plate, $45; Andrew Pearce Black Walnut Wood Side Plate, $150 for 4; *simonpearce.com*.

Pull Up a Chair

Kaitlyn Du Ross Walker (@babethebluebox) knows how to set a scene. She makes indoor spaces and fashion models photo-shoot ready for clients from food magazines like ours to clothing brands, such as Madewell. While admittedly the spread she set here—and on the previous page—took serious prep work, Du Ross Walker firmly believes your holiday table needs nothing more than a little forethought and a few key pieces. "You want to make your guests feel special," she says. "Going that small extra step is always impressive." Here, her picks, plus practical do's and don'ts, for a table that shines.

Hover your phone's camera here to shop this table and the previous page!

PREVIOUS PAGE CREDITS: FAVOR (CORRUGATED BOWLS LARGE & SMALL, EXTRA-LARGE VASE); SIMON PEARCE (BARRE ALABASTER DINNER & SIDE PLATES, BEACHSTONE ROUND VASE, BRISTOL RED WINE GLASSES); GEORG JENSEN STAINLESS-STEEL SALT + PEPPER MILL SET). LOCATION: MOUNTAIN VIEW RETREAT, COLD SPRING, NY, AIRBNB.COM. TABLE & CHAIRS: WEST ELM.

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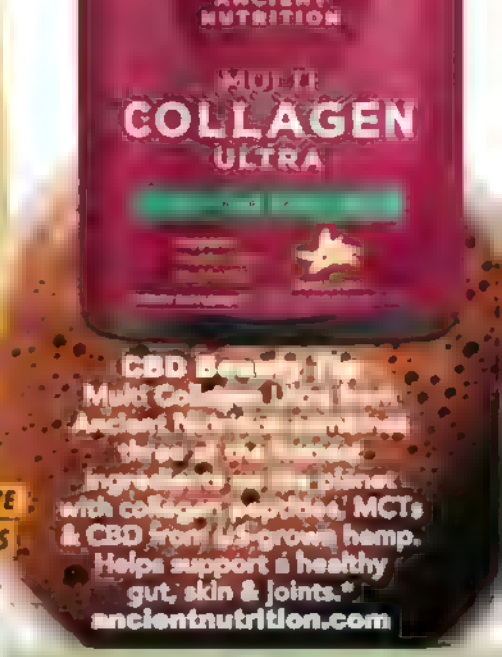

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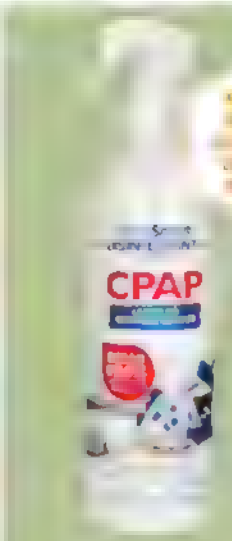

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RECIPE INDEX

		CALORIES	CARBS (G)	ADDED SUGARS (G)	PROTEIN (G)	FIBER (G)	SODIUM (MG)	POTASSIUM (MG)	CALCIUM (% DV)	FOLATE (% DV)	IRON (% DV)	VITAMIN A (% DV)	VITAMIN B12 (% DV)	VITAMIN C (% DV)	45 MINUTES OR LESS	GLUTEN-FREE	HEART-HEALTHY	LOW-CAL	VEGAN	VEGETARIAN
Appetizers																				
80	Celeriac, Potato & Gruyère Tart	110	4	0	3	0	93	30							■			■		■
10	Scallion-Salmon Dip	75	2	0	3	0	150	78							■	■				
Mashes & Stuffing																				
92	Chipotle Mashed Sweet Potatoes	140	16	0	1	2	277	330				279		23	■	■		■		■
82	Chorizo, Apple, Chestnut & Brussels Sprout Stuffing	226	22	0	8	4	314	267						35						
92	Mashed Celeriac with Herbs	121	11	0	2	2	316	370								■		■		
92	Mashed Parsnips with Olive Tapenade	168	20	0	2	6	325	430						32	■	■		■		■
92	Mashed Rutabaga with Bacon	137	11	0	3	3	263	390						47		■		■		
92	Roasted Garlic Mashed Potatoes	174	24	0	3	2	240	400							■	■		■		■
Salads & Vegetable Side Dishes																				
82	Green Beans with Rosemary-Garlic Vinaigrette & Fried Shallots	151	13	0	3	3	167	330				22		25	■	■		■		■
29	Roasted Honeynut Squash with Spicy Agrodolce	242	35	9	3	5	298	691				312		54		■		■		■
78	Spice Roasted Carrots with Marshmallow Fluff & Toasted Coconut	110	20	8	2	3	245	380				379				■	■	■		■
79	Three-Greens Caesar Salad with Crispy Parmesan	117	4	0	4	1	281	176				71		26	■	■		■		
89	Whole Roasted Kabocha Squash with Umami Butter & Candied Pepitas	229	19	4	6	3	233	113				144		31		■				
86	Whole Roasted Romanesco with Labneh & Curry Oil	165	14	0	5	3	234	401						69		■		■		■
89	Whole Roasted Rutabagas with Lemon-Brown Butter Sauce & Crispy Sage	221	15	0	3	4	279	498						66		■				■
89	Whole Roasted Savoy Cabbage with Orange Vinaigrette	207	10	0	3	4	351	323		25		227		66		■				■
Vegetarian Mains																				
12	Corned Beef Reuben Melts	393	37	2	14	7	813	650	32	46					■			■		■
30	Crunchy Cauliflower Bites with Curry-Lime Aioli	325	27	0	7	5	448	573		33				132				■		■
18	Potato & Chickpea Curry	321	46	0	9	9	533	796		27				48	■	■	■	■		■
Chicken & Turkey																				
14	Chicken Cutlets with Sun-Dried Tomato Cream Sauce	324	8	0	25	1	250	532				21		30	■	■		■		
20	Coconut-Sriracha Chicken Tenders	292	16	1	30	3	411	45							■	■		■		
74	Hugh's Day-After Turkey Gumbo	232	12	0	19	2	359	355						48				■		
22	Lemon Chicken, Kale & Orzo Soup	245	24	0	21	5	639	480				95		37	■			■		
74	Roast Turkey with Giblet Gravy	168	1	0	25	0	465	225										■		
74	The Ultimate Turkey Sandwich	340	21	5	22	4	464	397							■					
Fish & Seafood																				
10	Lemon-Garlic Pasta with Salmon	473	49	1	20	6	395	513					39	25	■		■	■		
10	Miso-Maple Salmon	230	7	3	28	0	341	549					100		■	■	■	■		
10	Spicy Salmon Cakes	331	20	1	17	1	414	278					42		■			■		
Beef, Pork & Lamb																				
16	Greek Burgers with Herb-Feta Sauce	375	23	0	30	3	775	510					43		■			■		
25	Spicy Pork Noodles with Scallions & Bok Choy	311	39	1	20	3	608	581		25		127		108	■	■	■	■		
Sauces																				
82	Clementine, Date & Port Cranberry Relish	55	13	4	0	1	21	76							■	■	■	■		■
33	Cranberry-Red Wine Sauce	79	7	3	0	0	61	64							■	■				■
33	Honey, Orange & Champagne Sauce	83	5	2	0	0	74	35							■	■				■
32	Lemon-White Wine Caper Sauce	46	3	0	1	0	116	51							■	■		■		
Desserts																				
101	Brown Butter Apple Pie	257	37	11	3	2	162	105												■
98	Chocolate Amaretto Pie	267	32	13	5	2	143	96												■
100	Cranberry Buttermilk Pie	231	29	12	5	2	166	84												■
96	5-Layer Pecan Pie	322	31	18	6	3	114	169												■
96	Master Pie Dough	112	13	1	2	1	84	18							■			■		■
100	Pink Grapefruit Meringue Pie	237	38	17	4	1	141	130				26		65						■
98	Pumpkin Cream Cheese Pie with Pecan Streusel	278	36	14	6	2	232	222				119								■

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(Requester Publications Only)

1. Publication Title: Eating Well **2.** Publication Number: 21499 **3.** Filing date: October 1, 2019 **4.** Issue Frequency: Published 10 times a year in January/February, March, April, May, June, July/August, September, October, November, and December. **5.** Number of Issues Published Annually: 10. **6.** Annual Subscription Price: $24. **7.** Complete Mailing Address of Known Office of Publication: 1716 Locust St., Des Moines, IA 50309 **8.** Complete Mailing Address of Headquarters or General Business Office of Publisher: 1716 Locust St., Des Moines, IA 50309 **9.** Full Name and Complete Mailing Address of the Publisher, Editor & Managing Editor: Publisher: Tiffany Ehasz, 225 Liberty St., New York, New York 10281; Editor: Jessie Price, 6221 Shelburne Rd., Shelburne, Vermont 05482; Managing Editor: Wendy Ruopp, 6221 Shelburne Rd., Shelburne, Vermont 05482. **10.** Owner: Meredith Corporation, 1716 Locust St., Des Moines, IA 50309-3023. The names and addresses of all stockholders owning or holding 1 percent or more of the total amount of stock: State Street Global Advisors (SSgA), Attn: Cyrus Taraporevala, 1 Lincoln St., Boston, MA 02111; BlackRock Fund Advisors, Attn: Larry Fink, 400 Howard St., San Francisco, CA 94105; The Vanguard Group Inc., Attn: Binbin Guo, 100 Vanguard Blvd., Malvern, PA 19355; Royce & Associates LP, Attn: Charlie Royce, 745 Fifth Ave., New York, NY 10151; Dimensional Fund Advisors LP, Attn: Dave Butler, 6300 Bee Cave Rd., Austin, TX 78746; Fairpointe Capital LLC, Attn: Thyra Zerhusen, 1 N. Franklin St., Chicago, IL 60606; Barrow, Hanley, Mewhinney & Strauss LLC, Attn: James Barrow, 2200 Ross Ave., Dallas, TX 75201; Ariel Investments LLC, Attn: John Rogers, 200 E. Randolph St., Chicago, IL 60601; Ceredex Value Advisors LLC, Attn: George Aylward, 301 E. Pine St., Orlando, FL 32801; Aberdeen Standard Investments Inc., Attn: Andrew Smith, 1735 Market St., Philadelphia, PA 19103; Northern Trust Investments Inc., Attn: William Hyatt, 50 LaSalle St., Chicago, IL 60603; Silvercrest Asset Management Group LLC, Attn: Richard Hough, 1330 Avenue of the Americas, New York, NY 10019; Channing Capital Management LLC, Attn: Timothy Kroll, 10 S. LaSalle St., Chicago, IL 60603; DePrince, Race & Zollo Inc., Attn: John Race, 250 Park Ave., S., Winter Park, FL 32789; Delaware Investment Management Business Trust, 2005 Market St., Philadelphia, PA 19103; River Road Asset Management LLC, Attn: Richard Beck, 462 S. Fourth St., Louisville, KY 40202; Norges Bank Investment Management, Bankplassen 2 Oslo, PS 0107 Norway; Bowen, Hanes & Co. Inc., Attn: Harold Bowen, 3290 Northside Pkwy., Atlanta, GA 30327; PPM America Inc., Attn: James Young, 225 W. Wacker Dr., Chicago, IL 60606; Raymond James & Associates Inc. (Invt Mgmt), Attn: Dennis Zank, 880 Carillon Pkwy., St. Petersburg, FL 33716; Nuveen Asset Management LLC, Attn: Anthony Boase, 333 W. Wacker Dr., Chicago, IL 60606; Geode Capital Management LLC, Attn: Patrick Waddell, 1 Post Office Sq., Boston, MA 02109; Mellon Investments Corp., Attn: Caroline Higgins, BNY Mellon Center, One Boston Pl., Boston, MA 02108; William Blair Investment Management LLC, Attn: Mark Leslie, 150 N. Riverside Plaza, Chicago, IL 60606. Through some of the nominees listed above, the E.T. Meredith and Bohen families and family foundations own, directly or beneficially, approximately 13% of the issued and outstanding stock of the corporation. Each nominee listed above holds stock for one or more stockholders. **11.** Known Bondholders, Mortgages, and Other Security Holders Owning or Holding 1 percent or more of Total amount of Bonds, Mortgages, or Other Securities: None. **12.** Tax Status (For completion by nonprofit organizations authorized to mail at nonprofit rates). Check one: The purpose, function, and nonprofit status of this organization and the exempt status for federal income tax purposes: __ Has Not Changed During Preceding 12 Months __ Has Changed During Preceding 12 Months (Publisher must submit explanation of change with this statement) Not applicable.

13. Publication Title: Eating Well
14. Issue Date for Circulation Data Below: October 2019
15. Extent and Nature of Circulation

Average No. Copies Each Issue During Preceding 12 Months:
- **a.** Total number of copies (Net press run): 1,967,314
- **b.** Legitimate Paid and/or Requested Distribution (By Mail and Outside the Mail):
  - (1) Outside-County Paid/Requested Mail Subscriptions Stated on PS Form 3541: 1,625,196
  - (2) In-County Paid/Requested Subscriptions Stated on PS Form 3541: 0
  - (3) Sales Through Dealers and Carriers, Street Vendors, Counter Sales, and Other Paid Distribution Outside USPS: 42,497
  - (4) Requested Copies Distributed by Other Mail Classes Through the USPS: 0
- **c.** Total Paid and/or Requested Circulation: 1,667,693
- **d.** Nonrequested Distribution (by Mail and Outside the Mail):
  - (1) Outside-County Nonrequested Copies Stated on PS Form 3541: 88,916
  - (2) In-County Nonrequested Copies included on PS Form 3541: 0
  - (3) Nonrequested Copies Distributed Through the USPS by Other Classes of Mail: 0
  - (4) Nonrequested Copies Distributed Outside the Mail: 2,430
- **e.** Total Nonrequested Distribution: 91,346
- **f.** Total Distribution: 1,759,039
- **g.** Copies not Distributed: 208,246
- **h.** Total: 1,967,285
- **i.** Percent Paid and/or Requested Circulation: 94.81%

No. of Copies of Single Issue Published Nearest to Filing Date:
- **a.** Total number of copies (Net press run): 2,141,815
- **b.** Legitimate Paid and/or Requested Distribution (By Mail and Outside the Mail):
  - (1) Outside-County Paid/Requested Mail Subscriptions Stated on PS Form 3541: 1,868,915
  - (2) In-County Paid/Requested Subscriptions Stated on PS Form 3541: 0
  - (3) Sales Through Dealers and Carriers, Street Vendors, Counter Sales, and Other Paid Distribution Outside USPS: 50,665
  - (4) Requested Copies Distributed by Other Mail Classes Through the USPS: 0
- **c.** Total Paid and/or Requested Circulation: 1,919,580
- **d.** Nonrequested Distribution (by Mail and Outside the Mail):
  - (1) Outside-County Nonrequested Copies Stated on PS Form 3541: 52,009
  - (2) In-County Nonrequested Copies included on PS Form 3541: 0
  - (3) Nonrequested Copies Distributed Through the USPS by Other Classes of Mail: 0
  - (4) Nonrequested Copies Distributed Outside the Mail: 2,200
- **e.** Total Nonrequested Distribution: 54,209
- **f.** Total Distribution: 1,973,789
- **g.** Copies not Distributed: 168,026
- **h.** Total: 2,141,815
- **i.** Percent Paid and/or Requested Circulation: 97.25%

16. Not applicable
17. Publication of Statement of Ownership for a Requester Publication is required and will be printed in the November 2019 issue of this publication.
18. Signature and title of editor, publisher, business manager, or owner Chris Susil, VP/Planning & Analysis. Date: Sept. 19, 2019. I certify that all information furnished on this form is true and complete. I understand that anyone who furnishes false or misleading information on this form or who omits material or information requested on the form may be subject to criminal sanctions (including fines and imprisonment) and/or civil sanctions (including civil penalties).

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The Giving Table

How experiencing hunger led Ali Casparian to fight it full-time.

By Stepfanie Romine

PHOTO BY JOHNNY AUTRY

WHO SHE IS

Ali Casparian was barely scraping by. Like one in six people in the Black Mountain region outside of Asheville, North Carolina, she faced food insecurity. Free community lunches hosted by a local nonprofit became a lifeline. And Casparian (who worked in the food industry before she fell on hard times) soon began volunteering at the meals as a cook. When she heard her local food bank was struggling to give away surplus produce before it spoiled, she had an idea.

WHAT SHE DID

Casparian asked if she could distribute the produce at that week's community lunch. The food bank readily agreed. Emulating what she saw at farmers' markets, Casparian spread out a tablecloth and arranged the vegetables neatly in baskets on top. After lunch, she invited diners to "shop" for whatever they wanted. Not one carrot remained. That was the start of Bounty & Soul, Casparian's nonprofit. Today, her team of six employees and 350 volunteers run five fresh "food markets" each week, including one at a senior center and one at a child care facility. Shoppers can take home produce that was gleaned and donated from local farms, supermarkets and that original food bank. Bounty & Soul also hosts programs (in English and Spanish), such as cooking demos, health counseling and Zumba and yoga classes.

WHY IT'S COOL

All the food and services Bounty & Soul provides to the over 850 people it serves each week are free—and there is no income requirement. Since 2014, the organization has distributed over 1.5 million pounds of produce. And the folks who come to the markets, ranging from young families to seniors, are getting healthier. TaTanisha Davis, a 41-year-old single mother, has lost over 250 pounds since Casparian's team helped her make lifestyle changes like eating a plant-based diet. "I couldn't afford to be healthy without them," Davis says. And because Bounty & Soul relies on local agencies, food banks and volunteers working together, Casparian says its cooperative model can be replicated elsewhere. She hopes more communities follow her lead. "Access to healthy food is a right, not a privilege," she concludes.

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